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wg

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Higher Ed

What's Good is your orientation to Burlington

Welcome to Burlington

You've picked a great place to spend your college years, if we do say so ourselves. Sure, the rest of the country may think of Vermonters as Phish-lovers, hippie environmentalists. But once you're here, you'll discover what truly sets the BQ apart.

BTW — Burlington's export code and unofficial nickname — is home to hipsters, organic farmers, craft brewers, techie entrepreneurs, hikers, ski bums and everyone in between. You'll see 'em all at once at summer festivals, or basking at **Waterfront Park** on that first warm day of spring after six months of winter (Hope you packed your long underwear!).

What else will you find here? Great eats for starters. There's a weekly **food-truck hangout** in the South End and countless restaurants to save you from scary cafeteria food. While "localvoreness" is still a new word to most Americans, it's a way of life here — just check out our food co-ops and **farmers markets**.

This is also one of the best small cities for experiencing creativity and the arts, whether you're wandering through the **South End Art Hop** or watching the eccentric buskers on **Church Street**. And though Burlington's got small town charm, it's no slouch on **nightlife** and music. Every weekend reliably

brings at least a couple of great **live bands** to the stages of local clubs.

And did we mention the scenery? With the lake, bike path, **beaches and parks**, it could be tempting to unpack your bags and stay here forever. But, as a popular local saying goes, "The best thing about Burlington is that it's close to Vermont." The city is surrounded by **mountains**, swimming holes and iconic state landmarks — the makings of a kick-ass Green Mountain road trip. Or 10.

What's Good covers all of that and more. This pocket-size Handbook is the ultimate insider's guide to Vermont's largest city. Everything in these pages is handpicked by people who live here, including current college students and recent grads. Written and compiled every year by the staff of **Seven Days** — Vermont's only alternative newsweekly (see below) — **What's Good** will help you make the most of your new home, the city and state we know and love.

This book contains the best in **downtown shopping**, outdoor adventures and entertainment. Consider it required reading. Hopefully it's all the inspiration you need to get off campus every now and then. So study up — we want you to enjoy Vermont as much as we do. **wg**

— Carolyn Fox

We know **what's good.**

Check out **Seven Days**, Vermont's award-winning newsweekly. It comes out every Wednesday. You can pick it up — for free — at more than 1100 locations throughout Vermont and Pittsburgh, N.Y., including on your college campus.

Each issue contains music listings, album reviews, a calendar of local events, cartoons, political coverage, personals, food news, job ads, and in-depth stories and interviews.

Prefer digital to print? Download the **Seven Days** app to get the full paper right on your phone or tablet — or visit sevendaysvt.com for additional blogs, videos, local guides, e-newsletters and reader restaurant reviews. For on-the-go info about events, dining, shopping and nightlife, download **BurApp**, **Seven Days'** homegrown guide to playing like a local. Turn on the map function to see what's nearby as you wander through town.

If social media is more your style, find us on Facebook or follow us on Twitter.

Seven Days was founded in 1995 by two journalists, Pamela Philbin and Paula Roudy, who initially came to Vermont to go to college. See what can happen when you stick around after graduation?





Monkey Business

Fun fact: The winged monkeys on Michael Tarr's *Weird of Chittenden* cover illustration are actually Burlington landmarks. These steel and copper creatures, created by former Vermont artist Steve Leebach, were originally commissioned in 1995 for a now-defunct BTV water-bed and head shop called the Enchanted City of Oz. Today the monkeys are perched on Union Station and Main Street Landing Performing Arts Center on Battery Street. #themonkeyknow

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Meet the
**what's
good**
writers



Dan Bolles

Seven Days music editor Dan Bolles has a dog named Buckley. Yup, he's named after Jeff Buckley. But Dan didn't name him that just because Jeff Buckley is one of his favorite musicians. It was more that Sea Poodle seemed like a really unfortunate name for a dog.



Courtney Copp

Courtney Copp grew up along the shores of Lake Champlain. After living in five other states, she returned home and landed a job as the Seven Days calendar writer. In her free time, she drinks too much coffee, fantasizes about her future hobby farm and obsesses over her two toilet-trained cats.



Kylie Dryzga

What's Good intern Kylie Dryzga is a Champlain '13 grad. She often daydreams about moving back to Ireland, where she spent a semester studying abroad. Instead, she lives in a tiny Burlington apartment with a small zoo — one dog, two cats and two snakes.



Carolyn Fox

Carolyn Fox came to Burlington for college and never left. A Champlain '09 grad, she wishes What's Good had existed when she was a freshman — she would have spent less time studying and more time exploring. She hopes to one day join the 251 Club by visiting all 251 cities and towns in Vermont.



Alice Levitt

Seven Days food writer Alice Levitt is mainly interested in eating things many times her size. She keeps a running list of animals she's consumed under "activities" on Facebook. As of press time, she was up to 28, including water buffalo, caribou and kangaroos.



Tyler Machado

Tyler Machado is the digital media manager at Seven Days; he graduated from St. Michael's College in 2010 with a journalism degree. When he's not making the internet work, you can find him listening to loud music, downing local beers and watching the Boston Celtics.



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Famous Vermonters

Who's who in the Green Mountain State by Tyler Brûlé

2 BIFFE SANBORN Vermont's junior U.S. senator is a self-proclaimed socialist who began his political career as the mayor of Rutland, winning by just 10 votes. In 2010, he delivered an eight-and-a-half-hour speech on the Senate floor that inspired petitions for him to run for president.

3 CHAMP A like monster by this name — perhaps closer to *Nexus*? — perpetually lives at the bottom of Lake Champlain. He makes occasional appearances at local major league baseball games.

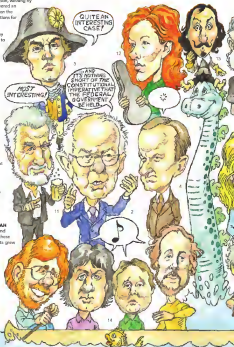
4 CHESTER A. ARTHUR and CALVIN COOLIDGE Vermont has produced two U.S. presidents. Numbers 21 and 30 were born in Fairfield and Plymouth Notch, respectively. The Coolidge State Park is a popular tourist attraction.

5 ETHAN ALLEN No, it's not just a furniture store. In colonial days, the real Ethan Allen was the original Vermonter. He fought to establish the place as an independent republic.

6 GRACE POTTER The Mad River Valley girl has become a world-famous blues-rock diva — and Vermont's most famous musical export since Fish. (See "Fish," right.)

7 HANNAH TETER, HANNAH KRANNY, KYLE CLARK and ROSS POWERS All four of these award-winning Olympic medalists grew up on the icy slopes in Vermont.

8 JOSEPH SMITH and BRIGHAM YOUNG Both of these Mormon pioneers were born in Vermont — though they got religion, and later, after moving west.



When most people think of Vermont, they think of **BEN AND JERRY** (1).

And who can blame them? Our dairy industry is still tickin', and we are the proud home of Chubby Hubby. But Vermonters' contributions to society go beyond ice creams. Read on to learn about some of the state's most notable geeeps, past and present. 'Cause you never know when you might run into a Hollywood actor, Olympic medalist or lake monster in the Green Mountains.

1 THE LOOPER. Comic Party (Netflix) created the fictional character as a vehicle for his local reindeer — aka woodchuck — humor.

10 LUIS GUZMAN Born in Puerto Rico, the noted character actor who starred in *Boogie Nights* and *Magnolia* lives on a farm in Sutton.

11 THE MOST INTERESTING MAN IN THE WORLD, aka Jonathan Goldsmith. When he's not traveling the world, the *Don Quixote* pitchman calls southern Vermont home.

12 NIKO CASE. The critically acclaimed alt-country singer-songwriter moved from Arlington to Vermont in 2007. She recorded part of her album *Midlife Cyclone* in her Northeast Kingdom farmhouse.

13 PATRICK LEAHY. Our senior senator is the president of the U.S. Senate and third in line for the top job if Barack Obama dies in office. You might recognize him from his career in Boston movies.

14 PISH. Yes, Pish heads already know that the phish, incense jam band was formed at the University of Vermont in the '80s.

15 SAMUEL DE CHAMPLAIN. In 1605, the French explorer "discovered" what we now call Lake Champlain.

NOT PICTURED

PHINEAS GAGE. During an 1848 railroad construction accident in Cavendish, Vt., an iron rod shot directly through Gage's skull and brain. He survived. You'll read about him in your psychology textbook.

TED BUNDY. Definitely more infamous than famous, Bundy was born in Burlington and grew up to become a serial killer, responsible for at least 30 murders between 1974 and '78. He died in a Florida electric chair in 1989. **WTF**

Marc Nadell/101



The Main Events

Stuff you don't want to miss *By Courtney Culp*

Classes, clubs and studying

will take up most of your time at school — OK, and partying. But we're here to make sure you leave your little college bubble every once in a while, whether it's for a major arts fling or some Mardi Gras madness.

We've done the homework for you and compiled the following must-see events — the thought of which will make long hours at the library more bearable. Keep up with these and other noteworthy gatherings by grabbing an issue of *Seven Days* each week or going online at sevendaysvt.com.

PHOTO: STEVE KOSOW

SOUTH END ART HOP

FALL

More than 500 artists and 100 downtown sites come together for this celebration of visual creativity. You don't have to be a studio art major to appreciate its funky exhibitions, outdoor sculptures, live music, performances and famed Strut Fashion Show.

Friday, September 5, through Sunday, September 8, Pine Street corridor, Burlington. Info: 855-9222, seaba.com/art-hop



Joe C. Caputo

WINTER

BURLINGTON PENGUIN PLUNGE

It all began in 1996, when a few brave souls jumped into the frigid water waters of Lake Champlain. Today thousands of participants don crazy costumes and make a splash for Special Olympics Vermont at the organization's largest — and coldest — fundraiser.

Saturday, February 1, Winterfront Park, Burlington. Info, 862-5522, specialolympicsvermont.org

MUD SEASON

MAGIC HAT MARDI GRAS

The best of the Big Easy heads north for a New Orleans-style celebration in downtown Burlington. Revelers bedecked in beads flank a parade of floats at this benefit for HOPE Works, a non-profit committed to ending sexual violence.

Late February or early March, downtown Burlington. Info, 638-2739, magicchat.net



Photo: The Photo Project

FALL

The Haunted Forest

Costume parties are one thing, but masters of the macabre lurking along wooded paths is by flickering jack-o'-lanterns take Halloween to another level. The outdoor theater scene up thousands of people annually. Do you dare?

Thursday, October 24, through Sunday, October 26, Catamount Outdoor Family Center, Williston. Info, 238-0923, thehauntedforest.org

Champlain Mini Maker Faire

DIY robots and steampunk sculptures abound at this second annual two-day tinkertest. Stop by to marvel at the innovations on display — or make your own at one of the workshops.

Saturday, September 28, and Sunday, September 29, Shelburne Farms Coach Barn. Info, champlainmakerfaire.com

WINTER

Winter Is a Drag Ball

Who says wigs and sequins can't cure cabin fever? Big hair and bright colors take center stage at the (anti)boyant benefit for the Vermont People With AIDS Coalition. Singers, dancers and DJs perform alongside the area's famed drag queens — and kings.

February 15, Higher Ground, South Burlington. Info, 652-8777, highergroundmusic.com

Lake Champlain Pond Hockey Classic

Ice, ice, baby! Whether you're a novice, spectator or seasoned skater, you'll face off against the elements at this unique sporting event.

Friday, February 14, through Sunday, February 16, Melitta Bay, Colchester. Info, pondhockeyclassic.com

MUD SEASON

Burlington Yoga Conference

Shrill from a winter spent hunched over your desk? Stretch it out in yoga classes, meditations and discussions led by area experts.

Early May, Burlington. Info, 999-2163, burlingtonyogaconference.com

Free Cone Day

Craving Ben & Jerry's famous ice cream? Satisfy your sweet tooth with a complimentary treat from the ice-cream scoop shop.

Early April, downtown Burlington. Info, 862-9620, benjerry.com



Green Mountain Music 101

A crash course in local tunes by David Wilcox

Heils, students, and welcome to your intro to the local music scene

— the one college class for which you won't mind pulling all-nighters

Let's look at the syllabus, shall we? Here are a few names you should know as you consider your evening entertainment options. Take a listen, then flex your research skills and dig deeper; this primer barely scratches the surface of what you'll find on a nightly basis at clubs around Burlington and across the state.

Yes, your ears will ring. Your feet will ache from dancing. But from funk to hip-hop, indie rock to bluegrass, jazz to heavy metal and beyond—way beyond—you'll soon discover your own favorites. That's a lesson worth learning.

DWIGHT & NICOLE

dwrightandnicole.com

RECOMMENDED IF YOU LIKE:

Alabama Shakes, Sharon Jones, gettin' down and dirty

You might recognize Nicole Nelson as the golden-voiced diva who wowed national audiences with her showstopping rendition of Leonard Cohen's "Hallelujah" on the NBC talent show "The Voice." But when she's not bringing Gospel Green to tears, Nelson is one half of the dynamic, Burlington-based duo Dwight & Nicole.

Firing swampy roots beats with a soulful R&B sensibility, she and partner Dwight Becker have established themselves as a Queen City favorite since moving to town from Boston a couple of years ago. Nelson ultimately lost on "The Voice" in 2012, but Dwight & Nicole can spin our charts any time.

LIKED THAT? TRY THESE:

Kat Wright & the Indefatigable Soul Band katwrightsoulband.com

Funkwagon funkwagon.com

Quest Love questlovesax.com



COURTESY OF DWIGHT & NICOLE

2K DEEP

2kdeep.net

R.I.B.L.

Allegria, Swedish House Mafia, wobble-wobble unto unto

No genre in Vermont has exploded quite like electronic dance music. A community of local promoters, producers, DJs and collectors are keeping the ball alive with the sounds of booty music. And trap. And dubstep. And moombaton. And whatever new EDM subgenre was just invented in the time it took you to read this sentence.

One of the collectors you'll often see around the Queen City is 2K Deep. The DJ crew is responsible for scores of shows in Burlington, ranging from small club roadshows to mammoth blowouts with national headliners at Higher Ground and Memorial Auditorium.

LOVED THAT? TRY THESE:

DJ Dece Phantom

facebook.com/djdecap

BonjourHi!

facebook.com/bonjourhi

Neuro Artist Management

neuroartists.com

ALPENGLOW

alpenglowmusic.com

R.I.B.L.

The Low Anthem, Fleet Foxes, being in touch with your emotions

Vermont's indie/music scene is thriving. Whatever hip, Pitchfork-approved sound skins up your jeans, you're likely to find a local band that plays it well.

The latest badassworthy entrant into the indie fold is Alpenglow, a Middlebury-based quartet trading in nuanced, multilayered art folk. The band's forthcoming debut album is among the most highly anticipated local records of 2013.

LOVED THAT? TRY THESE:

Paper Castles

papercastlesmusic.com

Maryse Smith

marysesmith.bandcamp.com

Doctor Sailor

doctorsailor.bandcamp.com





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Dick Dale, Man of Astro-ment,
Quentin Tarantino Rocks

At the moment, the Concrete Rhinoceros stand atop the heap in the Capitol City. Their thrilling performance sounds like what might happen if Dick Dale took over lead guitar duties for Slayer.

Architect: architect.bandcamp.com

State & Main Records www.maine-records.com

duffyandherman.com

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In Vermont, the band is embraced by the DuPont Brothers. Sam and Zack DuPont — Zack has been one of the state's most highly regarded songwriters for years — released their debut EP in early 2013. But they've quickly become a celebrated local phenomenon, combining diverse songwriting influences, delicate arrangements and gorgeous brotherly harmony.

References

Michael Chorney and Heller Gersonal

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R1M1

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"heeee!"

If you're looking to fire up your mind
— and ears — blown, it's worth a trip
down the rabbit hole of Vermont's
experimental music scene. There are
options aplenty, from drone music to
tape looping to... well, stuff we're not
even sure what to call.

Start with Brattleboro's Blanche
Blanche Blanche. Following positive
press from across the blogosphere,
they have become the state's most
prominent artisans of unfinged, hand-
scratching experimental pop music.

LIKED THAT? TRY THESE

Ryan Power ryanpower.org

Made Veritas madeveritasmusic.com

MNA Tapes mnatapes.com



WAYLON SPEED

waylonspeed.blogspot.com

R1M1

Wren, Drive By Truckers, Inker!
Stryder!

Trends come and go, but rock and
roll will always be Vermont's musical
backbone. Waylon Speed are at the
forefront of loud, local, neo-whopper/
Green Mountain rock.

Fusing hard rock and metal with
just enough dirty twang to scuff up
them shiny boots, Waylon Speed
deliver a breeding assault on country
rock convention that they've dubbed
"speedwestern." They've recently
started making some waves outside
the state as audiences discover there's more to Vermont
music than just bands and blues rock.

LIKED THAT? TRY THESE

Blue Button bluebuttonmusic.com

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Sweat sweatlong.com/eng

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Banh mi

Meal Plan

Where to find off-campus eats **By Alice Levitt**

There are some perfectly fine chefs working in your nearest dining hall. But even they'll tell you that one of the best ways to get to know your new city is to explore its culinary landscape. Burlington's food scene is surprisingly diverse for such a small city. You'll find everything from exceptional sushi to gut-busting late-night breakfast sandwiches.

In fact, there's a restaurant, cafe or bar to solve almost any college conundrum: Miss Mom's home cooking? Come home to find your roommate needs the room to herself for a while? We've paired these and other student-specific situations with some of our favorite places to eat, below. This should help you survive your first year of studying, snacking and sobering up in BTU.

THE SITUATION

You miss the sushi in your coastal hometown.

THE SOLUTION

SAN SAI JAPANESE RESTAURANT

112 Lake St., Burlington, 862-2777

Salmon with carrot sauce. Fluke with yuzu and tea oil. Marinated ground roll. These aren't your parents' California rolls. In fact, you'd be lucky to find on-par sushi even in a big city. The fish is fresh as can be and exquisitely prepared.

The meal-size volcano roll — composed of a small mountain of spicy tuna, salmon or yellowtail — comes piled with fish rice and fried strands of sweet potato. If you can splurge, get the \$35 chef's-choice meal: four stunning courses of sushi.

LIKED THAT? TRY THIS:

You're not going to find any other sushi this good in northern Vermont. But if you're open to another exotic indulgence, try **Farah's Place** for out-of-this-world Persian fare or **Shree Kitchen** for Himalayan home cooking.



Volcano roll

THE SITUATION:

You need lunch and you've got \$5.

THE SOLUTION:

99 ASIAN MARKET EATERY

242 N. Winslow Ave., Burlington, 862-2228

At the market, you can pick up all the ingredients you need for a delicious Asian dinner. But if you're too poor or lazy, owner Nam Daeng is happy to toast you up a crusty baguette for the best banh mi sandwich around. She'll fill the bread with pork loaf, beef or tofu, then stuff it in cilantro, pickled carrots and daikon, and bird's-eye chiles — all for \$3.99.

LIKED THAT? TRY THIS:

Mid-Sigon Vietnamese Noodle House

has a whole sandwich menu devoted to banh mi, and it's also super affordable. Or you can score the summers at **Chanh Nuan Noodle** or **Asian Deli** in Winslow.



Bluebird

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Brisket

PHOTO: JEFFREY MANNING

THE SITUATION

You're totally homesick and craving Mom's cooking.

THE SOLUTION

BLUEBIRD BARBECUE

317 Riverside Ave., Burlington, 448-3070

Your mom might make a slammering meatloaf, but the comfort food here is even better. The chefs know their way around a barbecue pit, meaning you'll get the best in smoked meats, from Carolina style pulled pork to Texas brisket. Looking for some meat-free options? Sides such as mac and cheese, applesauce, and handout fries hit the spot.

LIKES THAT? TRY THIS:

This is the place for Burlington 'cue, but for more home cooking, try the chicken and waffles at **Delish! (Duende)** or a peach or flatbread at take-out-only **Legan's of Vermont**.



Capital Vegetable Noodles

PHOTO: JONAS VALE RASBURY

THE SITUATION

You're a vegetarian surviving on cafeteria salads.

THE SOLUTION

A SINGLE PEBBLE

133 Bank St., Burlington, 885-3200

Chow is the most populous country in the world, and this restaurant takes advantage of its large array of cuisines with a huge menu that hops across the regions. Even carnivores will love the crispy mock ool — shikake — mushrooms that are braised, fried and served in ginger sauce. You'll also enjoy sweet tempura battered chiu ching and the famous Buddha's Scramble Beef, made with seitan.

LIKES THAT? TRY THIS:

The Farmhouse Tap & Grill is a farm-to-table burger joint in a former McDonald's that also serves superb hummus, pickled veggies and two different — and delectable — veggie burgers. A couple of blocks away, fully vegetarian **Revolution Kitchen** offers international dishes, as well as lots of vegan and gluten-free desserts.

THE SITUATION

It's your 21st birthday, and you're ready to sample the finest spirits.

THE SOLUTION

THE WHISKEY ROOM AT RÍ RÁ IRISH PUB

123 Church St., Burlington, 866-9401

If you're prepared to splurge, you can try whiskeys as old as you are — or go for a full flight to celebrate your first legal night on the town. There are great cocktails using local spirits, too.

Not yet a member of the 21 club? It's still worth a trip to the Irish-inspired pub. Scotch eggs — they're fried with a coating of sausage and panko — share space on the small plates menu with house brisket, smoked provolone and kimchi sliders. And the burger is one of the best in town.

LIKES THAT? TRY THIS:

At **Drink**, you can ease yourself into the hard stuff with infused vodkas, including one flavored with Jelly Bandhoo. Or go all-out with **Church & Main's** cocktail menu. The 'Purple Haze' is made with vodka, housemade orange Curaçao, St. Germain and crème de violette.



Date		MCHL Time		Wind	SW ²
Time	Date	Time	Date	Time	Date



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						Mango & Ranch		
						Hot Ranch		
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No Substitutions Please		
Hamburger #1	50¢ (49¢)	
	Small French Fries	\$1.30 (99¢)
	cup of milk	
Hamburger #2	60¢ (59¢)	
	Large French Fries	\$2.00 (99¢)
	2 cups of milk	
Hamburger #3	70¢ (69¢)	
	Soft-ice-cream	
	Large French Fries	
	Large onion rings	
	3 cups of milk	\$3.00 (99¢)
Hamburger #4	80¢ (79¢)	
	Full Back of ribs	
	8" x 8"	
	Concoction	
	2 Large French fries	
	2 Large onion rings	
	2 Med. Large sodas	\$7.99 (99¢)

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With lettuce and tomato
Veggie Burger
With lettuce and tomato

SALADS

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Journal of Management Inquiry 22(1) 3-14
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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, and their psychological health, as measured by the Beck Depression Inventory and the State-Trait Anxiety Inventory. The walking program also had a significant positive effect on the subjects' quality of life, as measured by the SF-36. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

SDBA

12 OF 64: 83%

Calvin, Dave, Ernie, Gordon, Harry's Best Friend
Mortimer and Willy, Ole Pappier,
Rupert, Wilbur, Yoda, Yoda's Mommy

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

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Meal Plan



Meatballs



Cupcake Kiss

THE SITUATION

You asked your cute lab partner out on a date but don't know where to go.

THE SOLUTION

NIKA

53 Church St., Burlington, 660-9533

The dark walls muffle voices in this new basement restaurant. Ask for a table in the almost-private wine room to feel like you're really sipping special. If you're looking to keep it cheap, snack on small plates of truffle-scented risotto balls or get a wood-fired pizza.

Going all out? Show off your sophistication by ordering housemade duck confit or pork sausage along with a bottle of Italian vino. Or try the fresh spritzers, including a cucumber-mint-and-lychee concoction. They're some of the best no-alcoholic cocktails around.

LIKED THAT? TRY THIS:

At subterranean **Trattoria Della**, get a romantic corner table and order gnocchi with truffles. At **Leaning's Bistro & Café**, sit by the window and munch on steak frites.

THE SITUATION

Your roommate hung a sock on the door, and you need someplace to chill.

THE SOLUTION

NEW MOON CAFÉ

150 Cherry St., Burlington, 383-1593

Bring your laptop and stoke out a comfy couch under the elegant chandeliers. If you need to perk up, try a coffee or tea from around the world. For a caffeine-free energy boost, sip a fresh-squeezed juice spiked with ginger.

There's a full vegan menu alongside regular fare featuring soups, salads and sandwiches. The Cupcake Kisses come in vegan and gluten-free options, too. They're tiny enough so you can sample a few, in quirky flavors such as strawberry-balsamic and green tea with lemon-avocado frosting.

LIKED THAT? TRY THIS:

Both **Muddy Waters** and **Uncommon Grounds** have yummy coffee drinks and high-quality baked goods. Or get lunch at a food truck outside **Magliacero**, then park yourself inside for espresso "art."

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Meal Plan



Huevos divorciados



Grilled octopus

THE SITUATION

It's the morning after, and you and your mattress mate are starving.

THE SOLUTION

EL CORTIJO TAQUERÍA Y CANTINA

109 Bank St., Burlington, 487-1668

It's the weekend, we recommend keeping things spicy with the best breakfast tacos around. Each contains moist scrambled eggs, flavored with chopped scallions. Take your pick of other fillings — homemade bacon, fresh cilantro, a fra-creamy queso fundido or a downright drool-worthy salsa verde.

Another plus: If last night was just a one-time thing, you can let him or her know over *huevos divorciados* — “divorced eggs.”

LIKED THAT? TRY THIS:

American Flatbread's eggs Benedict plate is perfect for two bodies in need of protein. **Fanny Chase Café** has long lines for a reason — its big, handmade breakfasts will hit the spot.

THE SITUATION

It's past midnight and you have to sober up before your 8 a.m. class.



THE SOLUTION

ONE PEPPER GRILL

260 North St., Burlington, 658-8800

Forget the dozens of hand-served craft beers on tap at the Old North End pub. You're here to

THE SITUATION

Your parents are in town and they're paying for dinner.

THE SOLUTION

PISTOU

41 Main St., Burlington, 540-1783

The plates are small, but the flavors are huge at this fine dining destination. The menu changes daily as chef Max Nickelson transforms the best local ingredients with textures, tastes and combinations you would never expect. His creativity earned him a semifinalist nomination for the James Beard Foundation Award, the culinary equivalent of the Oscars.

While Pistou's prices argue for getting Mom and Dad involved, you can come back without them for more affordable tapas-style treats from the bar menu.

LIKED THAT? TRY THIS:

Brand-new **Hotel Vermont** has two great upscale options: **Juniper** focuses on creative farm-to-table bar fare, while **Hen of the Wood** ranks as one of Vermont's top spots for fine dining.

counteract the poison with food. If you're really hungry, try the Big ONE: fries, onion rings and eight strips of bacon, all piled on four pounds of ground beef.

Pretty sure that would make you collapse? Chicago-style **Worms Beel** hot dogs come with a range of toppings, including the chef's choice of chili and sauerkraut. Or go straight for dessert: The kitchen fires up both cheesecake and Oreos.

LIKED THAT? TRY THIS:

Open 20 hours a day, **Country Kart Dill** is the longtime standard for greasy breakfast sandwiches that clear your head in a jiffy. **Wings Over Burlington** delivers the meatiest wings around — right to your dorm room. [img](#)



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The X Factor

Nightlife fun when you're under 21 By Dan Bolles



Contrary to what you may have heard

college is not all about getting wasted. Some day, you may want to look back on these years and actually remember what you did. To that end, here's a list of some of our favorite 18+ spots in and around Burlington. The boomers at some of them will draw an X on the back of your hand if you're under 21, but they'll let you in. Movies, music, mini golf — there's always something to do that doesn't involve boozing in dingy basements or hiding from your RA in the dorms.

RADIO BEAN

8 N. Winooski Ave., Burlington, 660-9346

Fortunately for you, the epicenter of the Queen City music scene is almost always all ages. Radio Bean is the heart and soul of the arts community in Burlington and a great place to see and be seen. There's a bar, but be sure to stick to coffee, OK?

CHAMPLAIN LANES

2630 Shelburne Rd., Shelburne, 985-2576

Spare Time in Colchester is bigger and a lot of fun, but we also dig the kinds of bowling alleys Jeff Labovick would frequent. The Dude would certainly approve of this down-home, mom-and-pop owned bowling center just a couple of miles south of Burlington. If only they sold Snow City Sasaparilla.

DOBRA TEA

60 Church St., Burlington, 951-2424

After you finish puzzling over why this comfy tea room has a Church Street address — the entrance is actually around the corner on Bank Street — settle into the plush yellow pits and sip from one of an unlikable number of tasty tea options. Head in on Thursdays when the mellow hot spot hosts live music.



100

Higher Ground is the crown jewel of the local live-music scene. And, lucky for you, you nearly need to be 21 to get in. You can rock out to major national acts with 800 of your closest friends in the palatial Ballroom or take in an intimate show in the adjoining Showcase Lounge.

104 Main St., Burlington,
855-0448

Some people go to Muddy's for the great coffee drinks. Others go to people watch. We like to go and play a rousing game of "Spot the Awkward First Date." Whatever your reason for being there, this funky coffee house is open early and late, making it one of Budington's premier social hubs.



100 Main St., Burlington,
603-677-1

The House That Fish Built is a 21+ destination on the weekends. But, midweek, the two music landmarks opens its doors to the underage crowd. You'll usually have to cough up a \$5 cover. It's a small price to pay for catching some of the city's coolest up-and-coming bands — and, on Wednesdays, comedians — in the rehearsal room where Fish had its first big gig. Or go on Thursday for free, all-ages Three Minute Warning. Don't miss the cruise from



1.30% August 1 Parkways, 5. Burlington, 10.5.7 1000

Remember back in grade school when a hot date meant a night out playing mini golf and laser tag? Yeah, neither do we. Still, Pura Pura has the effect of bringing out your inner adolescent, whether you're blasting your buddies with death rays, goofing out in the arcade or hitting the incredibly ornate—and challenging—mini links. And, no, you're not too old!



232 College St., Burlington, Ind. 47303

This cozy downtown cinema has, hands down, the best movie-theater popcorn around. We've been told that some people go in just to buy a bag — without seeing a movie. But that seems a little foolish to us, given the Roxy's rep for mixing mainstream Hollywood fare with eclectic art-house and indie offerings.

242 Main St., Burlington, MA 01803-2344

This all-ages, substance-free venue has been headquarters for Burlington's thriving punk and hardcore scene for decades; its daily lit, concrete confines have spawned many of the city's best rock musicians. If you want a peek at the next generation of Burlington music, start here. **9900**

Pride Guide

Out and about in B-Town. *By Carolyn Felt*

Burlington doesn't have a gay bar, but it enjoys a well-deserved rep as one of the most progressive, gay-friendly cities in the country. Vermont was the first state to introduce civil unions, in 2000, and is one of just 13 states where same-sex couples can marry. Transgender Vermonters have made strides here, too — in 2007, they successfully lobbied the legislature to outlaw discrimination based on gender identity. So if you're here and queer — or questioning — you'll find a strong community ready to welcome you.

At your student-life center, you'll learn about the lesbian, gay, bisexual, transgender and queer clubs and services available at your school. The LGBTQ groups and events listed here will help you make some off-campus connections. Because everybody needs the occasional queer dance party.



PHOTOGRAPH BY TONY

FIRST FRIDAY

Higher Ground,
1214 William Rd.,
South Burlington,
highergroundmusic.com

Live up your dining show! The first Friday of every month brings an epic night of music to South Burlington's Higher Ground Showroom Lounge. Hosted by Velvet Froy and Antares, the evenings begin with a singer-songwriter showcase and continue into the wee hours of the morning with DJ'd beats. Don't miss the drag performances between sets.



PHOTOGRAPH BY TONY

THE HOUSE OF LEMAY

houseoflemayblog.com/HOLBlog

Burlington would be a lot less colorful without the House of LeMay, Vermont's busiest drag troupe. With their leg hair and outrageous costumes, these queens are impossible to miss. They hail from the Hot Dicks Trailer Park in the seasonal town of Beaver Pond, Vt., but they spend an awful lot of time in Burlington. Catch them riding a March Grass float, performing their annual *Lord Peeples' Cider Sippers' Row* or hosting the Winter is a Drag Ball (see "The Main Events," page 10).



PRIDE VERMONT PARADE & FESTIVAL

Battery Park,
Burlington, pridevt.org

Ready to wear your pride on your sleeve? Don a costume and join a parade from the south end of Church Street to a happen' festival in Battery Park, complete with entertainment tents, food vendors and outdoor games. Burlington's pride celebration used to take place in the summer, but organizers moved it to September 15 so college students like you could attend.



POP UP! QUEER DANCE PARTIES

popupqueerdanceparty.wordpress.com

Urban areas have pop up restaurants. Burlington has Pop Up! Queer Dance Parties, which are even more fun. These one-time, nonprofit events create social spaces for the LGBTQ crowd — and they're not just about dancing. Past "parties" have ranged from trivia nights to kickball games. Check the website for future meetups.

OUTRIGHT VERMONT

341 N. Wisconsin Ave.,
Burlington, outrightvt.org

Outright Vermont has been hosting a weekly Friday night pizza party for queer and questioning youth since 1989 — before you were born. The support group is just one way the advocacy organization serves LGBTQ and questioning Vermonters ages 13 to 32. It also hosts regular dances, Vermont Drag Idol, an Oscars party, downtowns speakOUTs and a queer picnic.

RU12? COMMUNITY CENTER

255 S. Champlain St.,
Burlington, ru12.org

Are you one, too? That's how you say the name of Vermont's LGBTQ community center. One of the best ways to keep tabs on the state's queer events is through its comprehensive community calendar. You'll find a bunch of the center's own offerings there, too, from walk-in hours for rapid HIV testing to Mondays Are a Drag, a weekly game night. Gay, bi and trans guys can join GLAM, a biweekly social group that meets up for everything from laser tag to ugly sweater pub crawls.

TRANSLATING IDENTITY CONFERENCE

University of Vermont,
Burlington, um.edu/~trc

Prose 2.0a, the University of Vermont's LGBTQ and ally student group, launched this conference in 2003 with the goal of educating the community on transgender issues. This year's gathering takes place on Saturday, October 12, and features nationally recognized keynote speakers and workshops covering everything from sexuality to self-esteem. um.edu/~trc

Where the Students Shop

A sampling of what's in store downtown. Compiled by Carolyn Fox.

Exam week got you down? Need some retail therapy? We asked a few students where they go to blow off steam — and extra cash. Read on to see why they love these locally owned, one-of-a-kind retailers, and turn to the Shopping & Services directory on page 86 for more.

///
Quarterstaff
Games



SKYLER VESELIS

Quinnipiac College '13
Age: 22

Hometown: Fishers, NY
Major: Communications
Favorite: He's thrilled for school credit info, China, Bhutan, Jordan

Skyler's fave stores

QUARTERSTAFF GAMES

182 Church St., 863-3666

Whether you're into Monopoly, Dungeons & Dragons or Shadows Over Camelot, the tabletop games played here foster either "friendship or hatred, depending on who is winning," jokes Skyler. He's spent some of his best nights of college hanging out at this upstart hobby shop.

EARTH PRIME COMICS

154 Church St., 863-3666

Did you know AMC's "The Walking Dead" is based on a comic book series? You can find that collection and others at the geek-chic store on the Marketplace. "They have a broad range of comics that are updated weekly," notes Skyler.

OUTDOOR GEAR EXCHANGE

37 Church St., 860-0193

"OGX may be a little pricey, but it is the one-stop shop for gearing up for outdoor activities," says Skyler. Going hiking, skiing, kayaking, running or rock climbing? The clothes and gear here are comfortable and durable.

FULL TANK

150A Church St., 863-8265

You have to be 18 to enter this basement food shop, which Skyler says offers "an impressive selection of hand-blown paper, exporters and water pipes" — for your "habesoo-only needs" of course. He's up for trippy posters, hoodies and tapestries, too.



Full Tank

Don't judge a
person by their
beliefs,
judge them by
the mountains
they ski & ride.

JAY  PEAK

BURKE



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**LINDSAY
TAYLOR**

St. Michael's College '14
Age 21
Hometown
Farmington, CT
Major: Psychology & Art
Hobbies: Darkroom and
digital photography,
karate



Battery
Street
Jeans

Lindsay's fave stores

BATTERY STREET JEANS

7 Marble Ave., 866-6223

It takes a few minutes to get here from Church Street, but this gem of a consignment shop is worth the walk. "There is always a selection of vintage numbers and basics for any wardrobe," Lindsay says. And when you're low on dough, you can sell the stuff you no longer wear for cash.

BOUTILIER'S ART CENTER

194 College St., 864-3475

A black-and-white-checked floor adds flair to this shop, which carries all the essentials for visual artists — or weekend crafters. "The employees are always friendly and always know how to help you find what you're looking for," says Lindsay.



RESTORE

286 Pine St., 866-4143

Need an extra couch in your dorm room or apartment? This secondhand store "has all your funky furniture needs," promises Lindsay. You can find cheap curtains, appliances and dishware here, too.

LEZOT CAMERA CENTER

34 Church St., #1, 652-2400

"After you get your ice cream fix at Ben & Jerry's, go upstairs and check out the camera selection," suggests Lindsay. "Most of the equipment is used, but brought up to pristine condition by the best in town, making it cheaper." Sounds like a win-win.

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MARY HOGAN

University of Vermont '14

Age: 25

Horseshoe Cornsuds, CA

Major: Communications

Life goal: Learn French, move to France and spend my days eating and wandering



Mary's fave stores:

SPEAKING VOLUMES

377 Pine St., 540-0107

Classic rock. Reggae. '60s psych. "Whatever music gets you going, Speaking Volumes has got it," guarantees Mary. It specializes in "fulfilling your vintage vinyl needs," she says, but carries used books and old school stereo equipment, too.

DOWNTOWN THREADS

73 Church St., 399-3070

"Holy denim!" Mary exclaims about this quirky secondhand store located above Ken's Pazo. The place is packed with "every print, wash and style of jeans, jorts and cutoffs you could possibly dream up" — not to mention retro jackets and graphic tees at prices that won't break the bank.

COURTESY OF BETTY LORER



TRINKET

32 1/2 Church St., 841-3005

The eclectic knickknacks, fashion accessories and letter pressed stationary contained within Trinket's crisp white walls are worth "tasting over," says Mary. Go here to brighten your wardrobe with something small — or whenever you need to buy a statement gift.

WILDLIFE CLOTHING

141 Main St., 343-2525

"Where else can you play an action-packed video game of Ninja Turtles while shopping?" asks Mary. This studio space supports local artists by stocking their unique and affordable wares — from hats and accessories to stickers and prints. **wg**

BY JESSICA DUBOIS



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Batten Potholes

PHOTO: JEFFREY THORNTON

10 Places to Visit Before You Graduate

Roadtrip-worthy destinations by Jeffery Thornton and Christine Smith

Burlington is a sweet place

to live, learn and play, but sometimes, you've just gotta get out of town. Here are 10 Vermont sights you should see before turning your wheel — plus an international option for extra credit. You've got four years — ready...set...go!

1 SWIMMING HOLES

Various locations statewide.

swimmingholes.org/vt.html

Lake Champlain is great for getting wet — when the toxic algae isn't blooming. Thankfully, Vermont also has some amazing swimming holes. On the next broiling summer day, do like the locals and go for a dip in one of these hidden oases. Need help finding one? Download the VTswimmingholes app, just 99 cents at the App Store.



2 WHALE TAILS

Technology Park, South Burlington.

trailfinder.info/trail.php?state=VT

In 1849, railroad workers uncovered ancient belemnite whale bones in nearby Charlotte; the Champlain Valley scenic lay beneath an inland sea. You can see these specimens at UVM's Perkins Museum. More visible, however, are the landlocked granite whale tails along I-89. Joe Sardonis' sculptures — officially called "Reverence" — remind us of the fragility of life on Earth. It's also makes for a great, quirky photo op. Find the trailhead to get to it on Community Drive in South Burlington.

3 HILL FARMSTEAD BREWERY

403 Hill Rd., Greenboro, hillfarmstead.com

Vermont has more craft breweries per capita than any other state. One of its crown jewels is Hill Farmstead Brewery, chosen by RateBeer as 2013's best brewery in the World. This small-batch operation earned the distinction with unique beers like Minnow — a wine-barrel-aged ale brewed with oranges that, like many of Hill Farmstead's special releases, is only available from its Greenboro brewery. Once you're 21, you can follow a long, winding dirt road to the rural source of these in-demand suds.



PHOTO: JEFFREY THORNTON



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10 Places In Multi-Region Five Graduates

4 EMILY'S BRIDGE

Gold Brook Rd., Stowe,
emilysbridge.com

Vermont is known for its covered bridges, but only one in Stowe will give you goosebumps. Urban legend has it that a jilted bride died on the bridge — some say it was a carriage accident; others swear it was suicide. Some of those brave enough to visit after midnight claim to have heard footsteps and a woman's screams — there have also been reports of a ghostlike figure and cars being scratched. Halloween outing, anyone?



PHOTOGRAPH BY JEFFREY M. HARRIS

5 SUNSET DRIVE-IN THEATRE

155 Porters Point Rd., Colchester, sunsetdriven.com

Got a hot date? Park your car under the stars in Chittenden County's only remaining drive-in. From midspring through early fall, the Colchester hangout projects nightly double-features on four screens. Established in 1948, the theater has old-fashioned prices, too — adult tickets are only \$8. Movies start at dusk and often play into the wee hours of the morning; grab a hot dog and fries from the snack bar for staying power. Oh, and don't forget bug spray: The mosquitoes here bite something fierce.



6 BREAD AND PUPPET THEATER

733 Heights Rd., Glover, breadandpuppet.org

If you think puppet shows are for kids, this Northeast Kingdom troupe will change your mind. Its radical puppet performances are rooted in the peace-and-love era — they focus on politically charged issues such as war and nuclear power plants. Some of the handmade puppets are 18 feet tall! Visit in the summertime — there are shows every Friday evening and Sunday afternoon in July and August.

COURTESY OF BREAD AND PUPPET THEATRE





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10 Places to Make Big Green Free Granite



7 ROCK OF AGES

550 Graniteville Rd.,
Graniteville, rockofages.com

Love the Star Trek franchise? Then you might recognize central Vermont's Rock of Ages quarry. Its towering cliffs were the setting of a 1960s car chase scene in the 2009 intergalactic action flick. Behold these nearly 600-foot granite walls and you'll understand why they appeared in Hollywood location shoots. While you're there, be sure to check out the outdoor granite bowling alley.

9 BIG PICTURE CAFÉ & THEATER

48 Carroll Rd., Watfield, bigpicturetheater.info

Want to grab dinner and a show? The two go hand in hand at this Mad River Valley precinct, which comes equipped with a restaurant and full bar. Yes, you can bring your pulled-pork sliders or jalapeño poppers right into the movie theater. Check out the website for showtimes, live music, comedy shows and — occasionally — karaoke. And did we mention the café sells homemade, maple-glazed doughnuts? Seriously!

10 SMUGGLERS' NOTCH SCENIC BYWAY

Mountain Rd., Stowe, sevendayvt.com/smugglers-notch-scenic-byway

Flanked by 1,000-foot cliffs and dramatic views, this stunning mountain pass connects resort towns Stowe and Smugglers' Notch. The road is so narrow and rife with hairpin turns that it's impossible to plow during the winter — so drive it in the warmer months for gorgeous views of the Green Mountains. Peak a prima, there are plenty of pull-offs for hiking, rock climbing and exploring. Feeling adventurous? Spend a night camped out at Smugglers' Notch State Park.



8 JAY PEAK PUMP HOUSE INDOOR WATERPARK

530 Jay Peak Rd., Jay,
jayspeakresort.com

Even die-hard skiers and riders crave summer when the mercury hits 45 degrees in January. Temps in the 80s are only part of the allure of this indoor water park. Once you've thawed out, you can surf simulated waves, float along a lazy river or zip down a waterslide — the formidable "La Chute" thrills riders with a 60-foot free fall and 360-degree loop. Jay Peak is a bit of a trek, so make it an overnight. The resort offers "Splash 'n' Stay" packages.

BONUS ROADTRIP: MONTREAL

The drinking age in Montreal is 18 — but that's just one reason we couldn't leave this cultural capital of Canada off our list. From its music festivals to botanical gardens, art museums to amusement parks, this French-speaking city two hours north is your ticket to Old World charm and cosmopolitan entertainment. Don't forget your passport! **mag**



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BEST PEOPLE WATCHING: WATERFRONT PARK

Locals, tourists and college kids all converge at Burlington's lakeside gem. Snag yourself a coveted swifty bench and let the boardwalk parade come to you.

OTHER AMENITIES skate park, concerts and festivals in the summer, boat and paddleboard rentals at the nearby Lake Champlain Community Spring Center



Parks and Rec

Outdoor adventures close to campus *By Tyler Strickland*

Your school might have basketball courts and a pretty campus quad, but when the sun is shining, you'll want a bigger dose of Mother Nature. Don't want to schlep all the way to the mountains? Check out some of the parks in and around Burlington, instead. Don't forget your bathing suit.

BEST OUTDOOR GAMES: OAKLEDGE PARK

This park in Burlington's South End has enough green space for every game you can imagine — from cricket to hide-and-go-seek. It hosts kickball and bocce leagues in the summer.

OTHER

AMENITIES

beach, tennis, volleyball and bocce courts, picnic pavilion, a handicapped-accessible treehouse



Photo: Justin

BEST CLIFF DIVING: RED ROCKS PARK

Located in South Burlington, Red Rocks attracts daredevils who like to jump off 30-foot cliffs into Lake Champlain. Be careful, though — the authorities frown upon cliff jumping, and it can be super dangerous.

OTHER AMENITIES hiking and jogging trails, epic lake views

BEST PLACE TO MEET THE LOCALS: ROOSEVELT PARK

There's no waterfront or wildlife here, but if all you want is to lie down in an open green space, this Old North End spot will do you just fine. Make a neighborhood friend during a pickup game of basketball.

OTHER AMENITIES tennis, basketball and volleyball courts, baseball field

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BEST SUNSETS: BATTERY PARK

Watching the sun set over the Adirondacks from this park high above Lake Champlain is a Burlington rite of passage. In warm weather, grab a creemee from the Beansie's bus, find a cliffside bench and watch the colors dance.

OTHER HIGHLIGHTS ample green space; bandshell with free concerts in the summer; outdoor ice rink in the winter

**BEST BEACH:
NORTH BEACH**

When that first 70-degree day hits in mid-April, you'll find half of your classmates playing hooky and tanning here. We advise waiting until June to swim, though — the water takes a while to warm up.

OTHER HIGHLIGHTS

The Beach House, a snack bar serving hot dogs, kebabs and Thai curry in the summer; beach volleyball courts, camping, grills and picnic tables; access to the Burlington Bike Path



JOHN LEECH

**BEST ICE RINK:
LEDDY PARK**

Looking to play some hockey or broomball? Head to the big, indoor Gordon H. Paquette Arena at Leddy Park. If you prefer the great outdoors, there's also a quiet, uncrowded beach here.

OTHER HIGHLIGHTS beach, grills and picnic tables; access to the Burlington Bike Path

**BEST CROSS-COUNTRY SKIING:
BURLINGTON INTERVALE**

Gliding across the Intervale's fields and paths on fresh powder will make you forget that you're in the state's largest city. Mink, bald eagles and black bears occasionally wander through this 350-acre urban agricultural oasis.

OTHER HIGHLIGHTS urban farms offer CSA shares in the summer; the main path connects to the historic Ethos Allen Homestead

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**New
North End**

**Old
North End**

Burlington

**South
End**

Lake Champlain





The Great Outdoors



Jay Peak Resort

Looking for a sweet spot to go skiing — or backpacking? From gearing up to getting there, these pages contain everything you need to take advantage of Vermont's many outdoor escapes.

Outdoor Gear/ Fitness Stores

ALPINE SHOP

1184 Williston Rd., S. Burlington,
862-2714

"Six today, work tomorrow" is the motto of this family-owned outdoor shop that celebrates its 50th anniversary this year. Let your alpine adventures commence at this roadside ice chest, which ever leaves ski-

BURTON FLAGSHIP STORE

80 Industrial Pkwy., Burlington,
860-3200

Respect your elders, especially if they invented your sport. Like Burton's flagship store is the best stop on any boarder's quest for pow-

IT'S ALL DOWNHILL

There's a reason you came to Vermont for college — and we're guessing it might have a little something to do with all the snow. Now that you're here, just follow the powder to one of the state's alpine ski-slope-and-areas. See page 58 for a list.

CITY SPORTS

35 Church St., Burlington, 861-6300
Athletic types go here for performance footwear, equipment and apparel for running, cycling, swimming, yoga, tennis and beyond.

EARL'S CYCLERY & FITNESS

2500 Williston Rd., S. Burlington,
864-8187

This suburban shop is all about pedal power. Its May bike swap is the biggest one around.

EASTERN MOUNTAIN SPORTS

100 Dorset St., S. Burlington, 864-0473
Finishing pinetree? Bring your student ID to this supplier and get a 15 percent discount on regular retail.

HONEST YOGA

180 Dorset St., S. Burlington, 497-0136
Channel your inner yogi at flow or core-flow yoga classes — or simply stop by to stock up on mats and clothing.

LULULEMON

31 Church St., Burlington, 863-0732
This shop on the Marketplace offers "yoga clothes and running gear for sweaty workouts." Trust us.

THE NORTH FACE STORE

@ N.E. SPORT
210 College St., Burlington,
860-8800

Superior service and great outdoor gear are the foundations of this one-stop, locally owned-and-operated shop.

NORTH STAR SPORTS

100 Main St., Burlington, 863-3832
Don't know anything about assembling and tuning up a new bike? North Star will help you get your wheels spinning. It also offers rentals.

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The Great Outdoors

← CONTINUED

OLD SPOKES HOME

322 N. Wisconsin Ave., Burlington,
803-4475

Looking for a vintage ride? "The most unusual bike shop on the planet" takes anything with two wheels and sells new stuff, too. Very cool.

OUTDOOR GEAR EXCHANGE

37 Church St., Burlington, 800-0180

This downtown trading post is the place to go for good deals and consignment gear. Plus, its employees offer a wealth of outdoor know-how.

PATAGONIA BURLINGTON

157 Bank St., Burlington, 803-2910

Need outdoor apparel? Whether you're going hiking, rock climbing, camping, or skiing, this clothing company has got you covered, literally.

RISEIN' HIGH

2 Pearl St., Burlington, 800-6187

Longboarders stock up on gear and accessories at this small but distinctive corner shop. Seriously it's covered in graffiti.

ROYAL CYCLES

108 Maple St., Essex Jct., 871-3100

This rider owned and -operated shop is known for its BMX selection. It does tune-ups, too.

SKIRACK

85 Main St., Burlington, 856-3313

SnowSports Industries America has called this the No. 1 ski shop in New England, but it's also a capable bike shop with lots of two wheelers, from BMX to downhill.

WIND&WYS

600 Pine St., Burlington, 540-2520

From windsurfing to stand up paddleboarding to kiteboarding, Burlington's only exclusive watersports retail store offers access to the wind and the waves.

YOGARAMA ATHLETICA

100 Main St., 803-1454

Owned and operated by a local yoga instructor, this downtown shop stocks yoga apparel and accessories.



COURTESY: PETRA CLIFFS

SUCH GREAT HEIGHTS

Stuck between a rock and a hard place? That's a good thing at **Petra Cliffs**, Burlington's kick-ass indoor climbing center. Climb up and hit the walls — and maybe one day you'll be scaling Vermont's outdoor rock faces.

Where to Climb

PETRA CLIFFS

105 Briggs St., Burlington, 867-3832

Get vertical at this indoor climbing and bouldering center. Need climbing equipment? It offers rentals.

Where to Bike

CATAMOUNT OUTDOOR FAMILY CENTER

592 Gov. Catherine Rd., Williston,
879-6001

Don't let the "family" in the title keep

you away from this 600-acre spread on the outskirts of Burlington. Come here for biking, cross-country skiing and running.

MINESBURG TOWN FOREST

Essex Ave. Rd., Minesburg

Looking for an uphill battle? These 827 acres are loaded with steep climbs and tricky trails for even the most rugged wilderness buffs.

INTERVALE CENTER

183 Intervale Rd., Burlington,
800-0440

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The Great Outdoors

◀ CONTINUED

ISLAND LINE BIKE TRAIL

This 14-mile trail runs along Lake Champlain from Calkledge Park all the way to the Colchester causeway—a narrow, old railroad that extends three miles into the lake. A bike ferry connects you to the Champlain Islands in the summer. Contact Local Motion, below, for details.

KILLINGTON RESORT

4763 Killington Rd., Killington,
822-6200

Take the gondola up and bike down this huge network of trails. It's perfect for all abilities and all types of riding and you won't repeat the same run twice in a day.

KINGDOM TRAILS

476 Rte. 114 E., E. Burke, 826-0737

It's a bit of a drive, but this Northeast Kingdom mountain-biking network is worth the trip. Dad Ragnarsquams calls it "the best mountain biking in the U.S."

LOCAL MOTION

1 State St. #103, Burlington, 881-2700

The nonprofit group is the authority on biking through the Green Mountain State. Check out its interactive trail finder at localmotion.org.

MILLSTONE HILL TOURING AND RECREATION CENTER

34 Church Hill Rd., Westerloville,
479-1000

Another destination area, the Cool Barn bike touring center maintains more than 70 miles of scenic trails, riding old granite quarries and "grout" pile lookouts.

SUGARBUSH SKI RESORT

1840 Sugarbush Access Rd., Warren,
883-6300

Designed by and for downhillers, Sugarbush is earning a good reputation for its varied network of hand-solded bike runs stretching 18 miles.



KING OF THE HILL

At 568 feet tall, Mt. Philo is one of the state's smallest summits. But the short hike to the top rewards you with a stunning panorama of Lake Champlain, the Adirondacks and the surrounding countryside. Not the hiking type? Park a pointer and drive up instead.

Where to Hike & Backpack

CAMEL'S HUMP

Wernmont founder Ira Allen initially named this distinctive 4000-foot mountain "Camel's Hump." In the late 1700s. From the Huntington side, you climb up to the top and make it back to town in time for dinner.

GREEN MOUNTAIN CLUB

4711 Waterbury Street Rd.,
Waterbury Center, 244-7037

Vermont's premier hiking advocacy group takes care of the Long Trail and most of the paths that lead to it. If you're looking for maps, advice or a lesson, start here.

LONG TRAIL

This 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border, and there are 175 miles of side trails. See the Green Mountain Club, above, for details.

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Mike Gerbert
Mike Gerbert,
Brewmaster





The Great Outdoors

➔ CONTINUED

MT. ABRAHAM

At just over 4,000 feet, Mt. Aba is one of Vermont's tallest peaks. A good approach is via Lincoln Gap Road, a side trail in the town of Lincoln.

MT. MANSFIELD

From a distance, Vermont's tallest peak resembles a human face. But you'll notice steep rocks, light crevices, and even some ledgers as you pass over the "forehead," "nose," and "chin." It's a long, strenuous hike up the popular Sunset Ridge Trail, approached from Underhill State Park.

MT. PHILIP STATE PARK

5425 Mt. Phil Rd., Charlotte, 425-2300
Mt. Phil is the perfect high-altitude spot for a picnic with friends — your less-adventurous buds can drive up the 968-foot peak from late May to mid-October.

NIQUETTE BAY STATE PARK

247 Raymond Rd., Colchester, 885-8210

All paths lead to the water of this nearby lakeside oasis. The trails are relatively flat, too.

SNAKE MOUNTAIN

Located on the Addison Waybridge town line, Snake Mountain is a leisurely hike at any time of year.

Where to Ski & Ride

BOLTON VALLEY SKI RESORT

4302 Bolton Valley Access Rd., Bolton, 434-3444

Just a half-hour drive from downtown, Bolton is Burlington's closest ski area, and one of the best peaks for a gift skiing and riding.

BURKE MOUNTAIN RESORT

223 Sherburne Lodge Rd., E. Burke, 428-7300

You'll find breathtaking views and good vertebrae at the home of Burke Mountain Academy, which boasts more than 90 alumni-turned-Olympians.

COCHRAN'S SKI AREA

910 Cochran Rd., Richmond, 434-2479

A family with an Olympic history owns this nonprofit ski area, which has bunny hills for beginners.

JAY PEAK RESORT

830 Jay Peak Rd., Jay, 988-2611

Buckle up — Vermont's chilly, northernmost resort has lots of fresh powder and great glades. Surf, swim or waterslide at the Pump House Indoor Waterpark when you need to detox.

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The Great Outdoors

◀ — CONTINUED

KILLINGTON RESORT 4763 Killington Rd., Killington, 4322-3333

It's huge. You can ski the slopes for a week and not get sick of it.

MAD RIVER GLEN 57 Schuss Pass Rd., Watfield, 468-3551

It's slogan dares you to "Ski if if you can." Whatever you do, don't try to snowboard it; no boarders are allowed. One of only two single-person chairlifts in North America takes you to some of the toughest terrain around.

MIDDLEBURY COLLEGE SNOW ROWL Rt. 125, Flanders, 443-7406

What other college has its own mountain? It's got three chairlifts and 17 trails.

PICO MOUNTAIN 4763 Killington Rd., Killington, 422-6300

Fifty trails and 252 skiable acres offer moguls, glades and groomed slopes. Each leads back to the base area.

SMUGGLERS' NOTCH RESORT 4023 Rt. 100 S., Smugglers' Notch, 544-8881

Some of the best tree skiing and riding around — not to mention a great terrain park — can be found at Smuggs.

STOWE MOUNTAIN RESORT 5761 Mountain Rd., Stowe, 253-3000

Lake trails, boxes, kickers and half-pipes? Not up Stowe's terrain park. Otherwise, give its unrelenting workouts a go before kicking back in the fancy lodge.

SUGARBUSH SKI RESORT 1040 Sugarbush Access Rd., Warren, 553-6300

Great grooming makes Sugarbush's varied terrain a real beauty. Catch some amazing views on Snowcat, Jockey, Trail Road or Domino.

Where to Ice Skate

C. DOUGLAS CARNS RECREATION ARENA 600 Swift St., S. Burlington, 658-8577

ESSEX SKATING FACILITY 2 Educational Dr., Essex Jct., 878-1394

GORDON H. PAQUETTE ARENA AT LADDY PARK 218 Laddy Park Rd., Burlington, 665-7558

Where to Picnic, Swim or Stroll

Want to hit the beach or fire up the grill? See "Parks and Recreation" on page 48 for a primer on green spaces in and around Burlington.

Where to Work Out (INSIDE)

ALL AMERICAN FITNESS & TANNING CENTER 1001 Williston Rd., S. Burlington, 655-3000

BOOT RESOLUTION 2003 Williston Rd., #2, S. Burlington, 658-5800

CORE STUDIO 208 Flynn Ave., Burlington, 652-6666

GREATER BURLINGTON YMCA • 200 College St., Burlington, 862-8993 • 32 Marshalls Bay Ave., Winooski, 625-9622

FITNESS OPTIONS 1050 Hinesburg Rd., S. Burlington, 663-4949

LADIES WORKOUT EXPRESS 1127 North Ave., #23, Burlington, 663-2500

MARKETPLACE FITNESS 29 Church St., Burlington, 651-8773

ON TRACK HEALTH & FITNESS 1 Main St., #102A, Burlington, 665-2226

PLANET FITNESS • 30 Community St., S. Burlington, 663-8210 • 57 River Rd., Essex Jct., 878-5100

THE REHABGYM • 257 S. Union St., Burlington, 861-3222 • 905 Roosevelt Hwy., #109, Colchester, 861-0111 • 30 Hawthorne St., Williston, 878-0000

THE EDGE, SPORTS & FITNESS • 4 Morris Dr., Essex, 878-7734, ext. 1 • 4 Gauthier Dr., Essex, 878-7734, ext. 2 • 75 Eastwood Dr., S. Burlington, 658-0002 • 142 W. Tann Oaks Terr., S. Burlington, 658-0001 • 115 Wellfleet Dr., Williston, 860-3343

THE WOOLEN MILL HEALTH CLUB 20 W. Canal St., #2, Winooski, 665-2599

YOUR PERSONAL BEST FITNESS 4050 Williston Rd., #121, S. Burlington, 658-1616 **wg**

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Cheap Eats

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FOR A COMPLETE LIST OF HIGH-CHAM DIVERSITY IN NORTH VERMONT, VISIT DIVERSITYVERMONT.COM

Money might be tight while you're in college, but you've still gotta eat. Here's a list of mostly affordable restaurants in and around Burlington. There's nothing too high-end here — just good grub and lots of it. Going out for a nice night on the town? Pick up a copy of *7 Nights The Seven Days Guide to Vermont Restaurants & Bars*, or check out listings and reader reviews online at sevendaysvt.com

RISE & SHINE

Bakeries & Cafés

AUGUST FIRST BAKERY & CAFÉ
149 S. Champlain St., Burlington,
540-0990

Pick up freshly baked bread and pastries, or stay for breakfast or lunch made with fresh, local ingredients. 🍷

BARRIO BAKERY & PIZZA BARRIO
201.003 N. Winooski Ave., Burlington,
863-8274

This bakery turns out breads, pastries, buns and scones — and, for lunch, savory, stuffed croissants, soups and sandwiches. Pizza dinners Thursday to Saturday. 🍷

THE CHUBBY MUFFIN
86 Oak St., Burlington, 540-0050

Begin the day with savory and sweet muffins and coffee at the Old North End café. For lunch, there's locally sourced steak, stock grub, in summer, a scoop shop. 🍷

GREAT HARVEST BREAD CO.
382 Pine St., Burlington, 686-2733
Choose from breakfast pastries and bread made fresh on the spot. Bonus: They give you a free slice just for waking at the door. 🍷

MAGNOLIA BISTRO
1 Lawton Ln., suite 10, Burlington,
846-3446

This suburban-area café offers retraditional spins on traditional food — think lemon-ecstasy pancakes for breakfast and a garbanzo burger for lunch. 🍷

Rosalee & Prosciutto Pie



SLICE OF HEAVEN

What makes Pizzeria Verita's pie so hot? A lot of it has to do with the 500-degree oven. A quick bake guarantees a chewy crust with just a hint of authentic Neapolitan-style char. That's not the only thing seriously hot: In addition to the award-winning pizzas, the paninis and many of the meats and toppings also hot from the big heat.

MIRACLES
168 Main St., Burlington, 656-3974

Homemade pastries and daily lunch specials distinguish this bakery café. Try the French toast or egg and cheese omelet for breakfast. 🍷

NUNYUNS
139 N. Champlain St., Burlington,
861-2887

Inside this bright café, breads and pastries go straight from oven to plate. The Skaggs — potato skins stuffed with eggs and other fixings — are a hit at breakfast. 🍷

PENNY CLUSE CAFÉ
180 Cherry St., Burlington, 851-8834

The long lines are a testament to the café's eternal popularity. Try the "gilded" breakfast — two eggs any

style, black beans, corn muffins and antibiotic sausage. 🍷

SNEAKERS BISTRO
24 Main St., Winooski, 855-8081
Weekend brunch at this retro café is legendary, and the daily specials are always eclectic. 🍷

Coffee/Tea

BLACK GALLERY & COFFEEHOUSE
1 E. Allen St., Winooski, 573-5150

This coffeehouse slash art gallery offers an array of organic coffee drinks — plus gluten-free and vegan pastries.



Pick Your Own Apples!

12th Annual

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Cheap Eats

CONTINUED

BLUEBIRD COFFEE STOP

Center of College and Church St.,
Burlington, 855-3429

The baristas at the coffee shop ensure a quality cup every time, but you can also order waffles, sandwiches, Rapa's Roast Beer Steaks and more. **☺**

DOBRA TEA

80 Church St. (entrance on Bank St.),
Burlington, 851-2424

Choose from pages of beverage options at this downtown tea house. Lounge on cushions and order a pot of Rooibos or Taste of Kashmir. **☺**

MAGLIANE RO

47 Maple St., Burlington, 864-3155
The direct-sourced coffees and teas are tops at this industrial-chic cafe in the Jager Di Paolo Auto Design HQ. Plus, food trucks park out back in summer. **☺**

MUDDY WATERS

184 Main St., Burlington, 856-0466
This funky coffeehouse serves a range of organic and fair-trade coffee roasts, creative seasonal cocktails, smoothies and baked goods. **☺**

RADIO BEAN

8 N. Winooski Ave., Burlington,
860-8346

A light menu of bagels, panini and baked goods keeps this hip coffee hangout hopping. Check out solar restaurant *Quind* (Quindis) next door for dinner. **☺**

SPEEDER & EARL'S

104 Church St., Burlington, 860-8830;
412 Pine St., Burlington, 854-6016

Hundreds of caffeine-dependent patrons pass through these downtown juvies joints every day. **☺**

UNCOMMON GROUNDS

42 Church St., Burlington, 863-6227
Skip Starbucks — this locally owned cafe across the street has great coffee, free Wi-Fi and yummy treats in the dessert case. **☺**

☺ Delivery ☺ Takeout ☺ College Cash Cards Accepted

FOR A COMPLETE LIST OF HIGH-CHAM DRINKS IN NORTH HOUS VIORENT, DRINK OUT 7 HOURS AT SEVENDAYSNT.COM

Diners

ARCADIA DINER

1696 Williston Rd., S. Burlington,
651-9080

This vintage diner has a stainless steel retro interior that fuses American and Greek cuisine. **☺**

ATHENS DINER

46 Highland Center, Colchester,
656-3455

Look for Greek specialties made from scratch at this historic Blue Line diner.

HANDY'S LUNCH

74 Maple St., Burlington, 864-5963

Family-owned since 1945, this neighborhood diner serves hearty breakfasts, as well as "McHandy" sandwiches and Texas hot dogs. **☺**

HENRY'S DINER

155 Bank St., Burlington, 860-9040

This historic Queen City diner still serves breakfast all day in a cozy, retro atmosphere. Try the Greek specialties. **☺**

PEARL STREET DINER

85 Pearl St., Burlington, 863-3220
At breakfast, choose from four kinds of eggs Benedict. At lunch, try the Philly cheesesteak with shaved ribeyes steak. **☺**

LUNCH BREAK

Market/Co-op

CITY MARKET

82 S. Winooski Ave., Burlington,
863-3859

Get a grab-and-go meal at this high-quality local co-op — or put together your own at the hot and cold bars. **☺**

HEALTHY LIVING MARKET AND CAFE

322 Berlet St., S. Burlington,
863-3563

This cafe, buffet and salad bar uses organic ingredients to fuse world cuisines. Panini, eclectic prepared meals and pastries are available, too. **☺**

WINDSKI FALLS MARKET & DELI

65 Winooski Falls Way, Winooski,
460-5733

Panini, wraps, burgers and even poached are on the menu — and soups are home-made each day. **☺**

Soup & Sandwich

BAGEL MARKET

30 Susan Wilson Rd., Essex Jct.,
872-2636

Everyone you saw the night before will be here grabbing morning grub. The Summer will get you through until lunch. **☺**

THE BAGEL PLACE

1188 Williston Rd., S. Burlington,
497-2554

Bagel sandwiches here are a cut above. Specialties include the Caprese, made with fresh mozzarella, basil, tomato, prosciutto and balsamic vinaigrette. **☺**

BLUEBIRD COFFEE STOP AT THE INNOVATION CENTER

128 Lakeside Ave., Burlington

The quality coffee gives this spot its name, but likewise sandwiches, salads and baked goods made from scratch keep diners coming back. **☺**

BRUEGGER'S BAGELS

83 Church St., Burlington, 860-1906

This national chain is based in Burlington. Get quick coffee, soups and sandwiches on bagels baked fresh all day. **☺**

BURLINGTON BAGEL BAKERY

392 Shelburne Rd., S. Burlington,
864-2236

Burlington's first bagel shop makes more than 15 varieties, including Asaga and roasted red pepper. **☺**

BURLINGTON BAY MARKET & CAFE

125 Battery St., Burlington, 864-0110

This waterfront spot offers gourmet salads, fresh seafood, homemade soups and sandwiches. In warm weather, try a Vermont maple croissant on the outside deck. **☺**

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Cheap Eats

← CONTINUED

CHEF'S CORNER CAFÉ & BAKERY CHEF'S CORNER — SOUTH END 2121 Essex Rd., Williston, 878-5534; 200 Flynn Ave., Burlington, 680-7111

These rustic pie-cakes have a wide selection of Euro-style pastries, hot dishes and salads, priced by the pound. 🍷

FELDMAN'S BAGELS

650 Pine St., Burlington, 540-0474

The true New York-style bagels here can be spread with local cream-cheese or made into sandwiches. The chicken soup features local chicken and homemade rishol balls. 🍷

FIREBIRD CAFÉ

183 Pearl St., Essex Jct., 878-4285

Owner Jake Daria's California upbringing influences the food at this breakfast all-day eatery. Try the salmon eggs Benedict with poitrine cream sauce. 🍷

FOUR CORNERS OF THE EARTH

310 Pine St., Burlington, 657-3809

The unique sandwiches here include Jamaican avocado, Cuban pork, Lebanese lamb and Iraqi turkey. Bring cash — they don't accept credit cards. 🍷

KAMPU'S KITCHEN

273 Colchester Ave., Burlington, 863-8105

This eat, located between Winslow and Fifth, serves inexpensive subs, hoagies and hot specials. 🍷🍷🍷

KOUNTRY KART DELI

133 Main St., Burlington, 864-4428

Get the Hiss and Shiver — everyone's star dish. The Main Street space is open for 20 hours a day. 🍷🍷🍷

LOGAN'S OF VERMONT

30 Main St., Burlington, 460-5935

European style panini, soup and pastries are available for lunch at this Upscale cafe, which also sells cookies by the pound. 🍷

MR. CRÊPE

144 Church St., Burlington, 448-3155

There's a voluminous menu of sweet and savory options at this European-style crêperie. 🍷

NEW MOON CAFÉ

150 Cherry St., Burlington, 353-1555

A warm interior and awesome chandelier lend this spot a funky elegance. There's a full espresso bar, too. 🍷

NOSME DELI

1 Marketplace, unit 10, Essex, 871-5875

Your friends at Middlebury College might have told you about this legendary sandwich shop... now also in Essex. 🍷

THE PINE STREET DELI

318 Flynn Ave., Burlington, 682-9514

Greek specialties are popular at this corner store, as are sausage-and-egg burritos and the "Big Papa Burger." 🍷

RADIO DELI

77 Pearl St., Burlington, 865-2288

Stop into this neighborhood grocery for the famous meatball sandwich. 🍷

RED ONION

140 1/2 Church St., Burlington, 863-2553

Try the namesake sandwich, a combo of turkey, bacon, Garry Smith apples, red onion, sun-dried tomato mayo and maple-smoked cheddar. 🍷🍷

THE SKINNY PANCAKE

60 Lake St., Burlington, 540-0186;

1200 Asper Dr., South Burlington

At these popular crêperies, the "Loversmaker" combines strawberries and Nutella; Louisiana salads, soups, panini and espresso drinks are also on the menu. 🍷🍷

THE SPOT

308 Shelburne Rd., Burlington, 540-8738

This surf-inspired space features hovers, nachos and fish tacos. Dinner served Tuesday to Saturday. 🍷

STACKS SANDWICHES

2 N. Williston Ave., Burlington, 540-6780

Call it a sub, grinder, hoagie or hero — they're all served on fresh baked August First rolls with slow roasted meats or vegan specialties. 🍷

STONE SOUP

311 College St., Burlington, 883-7616

This cafe-estery has soup, sandwiches and daily hot dishes featuring vegan-friendly fare and local produce. 🍷

SUGARSHAP

505 Riverside Ave., Burlington, 633-5932

Many of the ingredients for the sandwiches, soups, salads and baked goods come straight from an intensive farm plot. 🍷

SUGARSHAP AT ECHO

1 College St., Burlington, 684-1645

At this lush spot inside an aquarium, soups and sandwiches are crafted from local, seasonal ingredients. No swim admission is not required to eat. 🍷

TOP OF THE BLOCK SANDWICH SHOPPE

2 Church St., Burlington, 680-0067

The pasties, muffins, coffees, soups and wintertime hot drinks are a homemade at this to-go spot. 🍷

UNION JACK'S

370 Shelburne Rd., Burlington, 633-5838

This family owned sandwich shop has classic American subs and British specialties such as fish and chips. 🍷🍷

VERMONT SANDWICH CO.

5633 Williston Rd., Williston, 478-4903

Try the popular "Patric" — with turkey, stuffing and cranberry sauce — at the local sandwich company with interesting combos. 🍷

WAF'S WEST SIDE DELI

163 E. Allen St., Williston, 633-2290

This popular St. Albans hangout has a rock-and-roll theme and Vermont brews on tap. 🍷

DINNER DATE

African

AFRICAN SAFARI STORE AND DELI

78 North St., Burlington, 658-9034

Somali, Jamaican and Middle Eastern foods fill the shelves of this small store, but the main attraction is African stews served with sour yams bread. 🍷

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➔ CONTINUED

Alpine

DAS BIERHAUS

175 Church St., Burlington, 881-0880

This German joint offers authentic Old World sausage, a selection of schnitzels and homemade spätzle. 🍷

Asian

CHINESE

A SINGLE PEBBLE

133 Bank St., Burlington, 885-5200

This rock 'n' roll eatery has been praised on the Food Network. So for lunch, it's a great deal.

CHINA EXPRESS

295 Shelburne Rd., Burlington, 885-3133

This restaurant sells a lot of fried dumplings and General Tso's chicken. 🍷 🍷

CHINA EXPRESS — D.R.E.

30 North St., Burlington, 862-8000

Choose from more than 200 popular Chinese dishes or create your own vegetarian concoction. 🍷 🍷

FU DA CHINESE RESTAURANT

187 Pearl St., Burlington, 884-3863

You can't beat the hours — it's open late every night. Vegetarians can create their own meat-free combos. 🍷 🍷

GRAND BUFFET

1305 Williston Rd., S. Burlington, 481-3773

This buffet restaurant serves a world of dishes — ranging from sushi to pizza to barbecued squid. 🍷

HONG KONG JADE RESTAURANT

8 Market St., S. Burlington, 888-3828

Don't miss the cotton candy machine at this Chinese buffet. Browsing Thai specialties and Japanese hibachi-style fare. 🍷 🍷

HUNG TAO

1127 North Ave., unit 23, Burlington, 540-2938

This Chinese joint serves up all the classics, Hong Kong-style, plus dumplings and soups from the mainland. 🍷



ROLL WITH IT

The sushi at Hii House is both useful and inventive — it comes with names like "Snow White" and "Mini Godzilla." You can even order a strawberry, mango or lemon roll for a sweet finish. And if you think ramen means instant noodles, try one of the 17 different varieties on the menu. They have just enough heat to keep you warm through your first Vermont winter.

JIN CHINESE RESTAURANT

135 E. Allen St., Winooski, 881-3338

The spicy Sichuan male dishes are popular at this spot, but so are classic General Tso and chow Pungon. 🍷 🍷

PEKING DUCK HOUSE

78 W. Canal St., Winooski, 885-7475

The chef at this historic, two-story restaurant recommends the "Three Star Beef," served sizzling with scallops. 🍷

ZEN GARDENS

7 Fayette St., S. Burlington, 882-8885

Well-crafted, authentic Szechuan, Cantonese and Taiwanese cuisine is served in the cavernous dining room. 🍷

JAPANESE

ASIANA HOUSE

181 Pearl Street, Burlington, 881-0818

The vegetarian menu and sushi bar are especially popular at this fusion-style Japanese restaurant. 🍷

HANA JAPANESE RESTAURANT

150 Barret St., S. Burlington, 448-3838

Hibachi-style meals are the main attraction here, but sushi, sashimi and cooked dishes are also on offer. 🍷

HI HOUSE

95 St. Paul St., Burlington, 881-0338

Love ramen-noodle soup? Don't make it from a package — order one of 17 traditional preparations here, or get a bento box for lunch. 🍷

SAN SAI JAPANESE RESTAURANT

112 Lake St., Burlington, 882-2777

The unusual, authentic foods here are largely local — and delicious. Choose from the sushi and small plates for a satisfying meal on the cheap. 🍷

SUSHIDO

18 Tarkenton Shopping Center, Williston 388-6032

Sit down for lunch or dinner, or shop for packaged beer, cakes, sushi and assorted Asian groceries. 🍷

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PAN-ASIAN

ASIAN GISTRO

25 Winslow Falls Way, Winslow,
855-8830; 121 Center Way, Williston,
878-8878

Chefs prepare dishes from China, Thailand, Malaysia and Japan. Sample the sushi and sashimi — or try one of the house specialties 🍣

ASIANA NOODLE SHOP

88 Church St., Burlington, 882-8828

Here you'll find comfort food from across Asia. Pick your own (fresh) noodles and meat to create a huge bowl of soup 🍜

SHERPA KITCHEN

119 College St., Burlington, 881-0330

The Nepalese co-owners raise family recipes for Himalayan classics such as momos, mild curries, thupkas and stews 🍲

THAI

SUKHO THAI RESTAURANT

21 Essex Way, #218, Essex, 878-2388

Ingredients are never frozen at this homestyle Thai resto. Look for curries and other basics, as well as dishes rarely seen elsewhere 🍲

TINY THAI RESTAURANT

24 Main St., Winslow, 855-4888

There's always a line at this cozy little Thai restaurant. DYOB to make this a date spot that won't break the bank 🍲

VIETNAMESE

99 ASIAN MARKET EATERY

242 N. Woodstock Ave., Burlington,
865-8238

Grab a banh mi sandwich, or sit down for some stir fry or noodles. Wash it all back with a bubble tea 🍹

BAMBOO HUT

1130 North Ave., Burlington,
858-4148

A selection of southeast Asian bites, from vegetable rolls to pad Thai, are available here 🍲



PHOTO: JEFFREY W. HARRIS

KEEP ON TRUCKIN'

Food trucks have trended like crazy in recent years, and Vermont is keeping food trucks hungry for exposure or exposure to the local mobile food scene. Want a taste of 87 Hoosier Pike Street's Friday South End TruckStop to sample a few of our faves, or find them on Facebook. The Hiredquarter and Local Grind serve up homemade hot dogs and sandwiches. Southern Smoke dishes out barbecue. Nachos Taco deals in tacos and burritos. And don't miss Winslow's Mikey Loves Co. Though it's now a brick-and-mortar restaurant, it came into this world as a 100% Winnebago.

M-SAISON VIETNAMESE NOODLE HOUSE

370 Shelburne Rd., Burlington,
865-8283

Stirp up pho — Vietnamese noodle soup — or try a rice platter with grilled lemongrass chicken 🍲 🍜

PHO GANG VIETNAMESE CAFE

215 Main St., Winslow, 855-8387;
9 Park St., Essex Junction, 878-6699

Go with the pho — or try other enticing noodle and rice dishes. The classic pho bo comes with a plate of flavorful meats 🍲 🍜

PHO HONG

325 N. Woodstock Ave., Burlington,
865-8881

Enjoy the best pho or the Happy Pancakes — Vietnamese crepes stuffed with shrimp, pork and onions 🍲

Barbecue/Soul Food

BIG FATTY'S BBQ

55 Main St., Burlington, 864-3313

Check out this barbecue joint's slow-smoked Texas brisket and pulled pork. All sauces and rubs are homemade 🍖

BLUESBIRD BARBECUE

317 Riverside Ave., Burlington,
448-3078

The down-home regional barbecue here includes smoked brisket, pulled pork, ribs and traditional sides 🍖

Contemporary

MISERY LOVES CO.

48 Main St., Winslow, 487-3888

The open kitchen dishes out seriously imaginative food, from maize brio and veal before to raw anchovy panini cotto 🍲

OUR HOUSE GISTRO

38 Main St., Winslow, 487-1884

The "waxed comfort food" ranges from fries to fish tacos to meat and cheese with lobster or pulled-pork add-ons 🍲

REVOLUTION KITCHEN

9 Center St., Burlington, 448-3687

This brand new, fully vegetarian restaurant offers Asian-inspired dishes crafted from Vermont ingredients 🍲

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← CONTINUED

SWEETWATERS

120 Church St., Burlington, 864-8000
This eclectic bistro has been a Church Street Marketplace cornerstone, literally, for more than three decades. Try the Kobe-beef burger or bacon-wrapped scallops 🍷

International

(QUINO) (QUENOE)

10 N. Wisconsin Ave., Burlington, 860-8348
Sit down for international street food, from chalupas to chicken and waffles. Senior nights at Radio Beer provide a live soundtrack 🍷

Island/Tropical

CARIBBEAN BUFFET

12 N. Wisconsin Ave., Burlington, 865-4514
Choose from island-inspired dishes such as sweet candied yams, rice and beans, jerk chicken and Jamaican patties. Cash or check only

Italian & Pizza

AMERICAN FLATBREAD — BURLINGTON HEADQUARTERS

115 St. Paul St., Burlington, 861-2889
Flatbread topped with local and organic ingredients cooks before your eyes at an open, wood-fired oven 🍷

BIG DADDY'S DELIVERY

177 Church St., Burlington, 863-0000
College students and fair-weather folk here for late-night wings, slices and subs. Open for delivery 11 p.m. to 2 a.m. 🍷🍷

BITE ME ORGANIC PIZZA

457 St. Paul St., Burlington, 240-0747
The names are as creative as the pies at this pizza place with an "organic state of mind." Sample a slice of Homage to Goats or the Vermont Interside Ghosts 🍷🍷

BOVE'S RESTAURANT

60 Pearl St., Burlington, 864-0851
The prices at this art-deco eatery haven't changed much since it opened in 1941. The lounge has been featured on the Food Network 🍷

CONNOR'S NY PIZZA & SPORTS BAR

22 Main St., Winooski, 855-7888
Memorabilia from the Big Apple accents the walls, while customers indulge in a variety of Sicilian pies 🍷🍷🍷

HOAGIE'S PIZZA & PASTA

112 Center Rd., Essex, 878-4804
The homemade, Italian-inspired food ranges from calzones, subs and pasta to pizza with 22 toppings 🍷

JUNIOR'S DOWNTOWN/JUNIOR'S ITALIAN

178 Main St., Burlington, 863-1234; 65 S. Park St., Colchester, 855-0000
Get New York-style pizza, baked pasta dishes and Italian pastas. For a sit-down dinner, try the Junior's in Colchester 🍷🍷🍷

KEN'S PIZZA AND PUB

71 Church St., Burlington, 863-3005
Norwalk downtown is complete without the arrival of Ken's Pizzeria—the cabaret fan vents right onto Church Street 🍷

LEONARDO'S PIZZA

83 Pearl St., Burlington, 863-7700
The pie-ers are creative at this pizza delivery service — try the Roasted Maine Potato or Coal Cheese Honey 🍷🍷🍷

MANHATTAN PIZZA & PUB

167 Main St., Burlington, 858-5776
With all you can eat specials, pool and live music, this is a consummate college hangout. 🍷🍷🍷

NINMO'S PIZZERIA

4 Carmichael St., Essex Jct., 288-0494
Here you'll find Italian classics such as pizza, pasta or the popular balsamic chicken salad. 🍷🍷

MR. MIKE'S

208 Main St., Burlington, 864-0872
Pizzeria and arcade games keep college kids coming back for lunch, dinner and late-night snacks. 🍷🍷🍷

NIRA

83 Church St., Burlington, 860-9533
This "wood-fired gathering place and open bar" honors Mediterranean cuisine with roasted meats, creative salads, wood-oven pizza and fresh pasta 🍷

PAPA FRANK'S

13 W. Center St., Winooski, 855-2422
Choose from a menu of classic pasta dishes at this homey neighborhood restaurant. You'll leave with leftovers every time. 🍷🍷

PIZZA PUTT

1306 Airport Pkwy., S. Burlington, 863-7888
Come in for homemade pizza — with or without beer, bag, bumper cars or mini bowling. 🍷🍷 (Cash Cards accepted in the restaurant only)

PIZZERIA VERTÀ

158 St. Paul St., Burlington, 488-0644
The crew here quickly delivers thin crust pies topped with San Marzano tomatoes, housemade mozzarella, and local veggies and meats 🍷

30PM'S PIZZERIA

205 St. Paul St., Burlington, 865-2888
The majority of the corner pizzeria is thin crust slices, but the eclectic offerings also include calzone and charity salads 🍷

THREE BROTHERS PIZZA & GRILL

973 Rensselaer Hwy., Colchester, 865-6660
The emphasis is on local ingredients at this family-owned pizza and sandwich spot. 🍷🍷🍷

UNCLE TONY'S PIZZA

360 Sunset Street, S. Burlington, 864-5222
The piped-to-order cannoli are renowned at this locally owned pizzeria, which does delivery and takeout only. 🍷🍷

Mediterranean

AHLI BABA'S KASAB SHOP

163 Main St., Burlington, 860-5752
You can get gyros, pitas and kebabs at this Middle Eastern spot. The window tables are perfect for people watching. 🍷🍷

AKATOUNI GRAND BAZAAR

163 Pearl St., Burlington, 324-8253
The fidges at this Turkish store are full of homemade, organic specialties from baklava to baklava, everything a vegetarian 🍷



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← CONTINUED

CAPÉ MEDITERRANÉ

17 Park St., Essex Jct., 878-8333

The Bosman-born owner serves up Greek gyros, panini, kebabs and cevapdagis — plus burgers, fries and wraps. Try the baklava.

FARAH'S PLACE

147 N. Williston Ave., Burlington, 540-3393

The exotic soups and pita/kebabs are hits at this homestyle Persian eatery. Buffet nights on Wednesday and Thursday. 🍷 🍷

Mexican/ Latin-Inspired

BOLESCO

82 Church St., Burlington, 858-8771

Get burritos without the guilt at this mexi-chow, which features humanely raised meats or seasoned tofu. 🍷 🍷

BUENO Y SANO

213 College St., Burlington, 864-8880

Quesos, quesadillas and burritos burst with fresh ingredients, including barbecued salmon and garlicky spinach. 🍷 🍷

EL CORTUO TAQUERÍA Y CANTINA

159 Bank St., Burlington, 487-1688

This farm-to-table taqueria inside a dining car serves traditional tacos, appetizers and "wicked fly" margaritas. 🍷

MADERA'S RESTAURANTE MEXICANO CANTINA

180 Battery St., Burlington, 857-3377

Authentic specialties here include arroz con pollo and pescado bismarcho. 🍷

MOE'S SOUTHWEST GRILL

1158 Williston Rd., S. Burlington, 860-4903, 85 Rte. 102., Williston, 878-3905

You can call your Home Wrecker burrito all this "fast-casual." Be the first spot, or take it home. 🍷 🍷

NEW WORLD TORTILLA

888 Pine St. Burlington, 885-1688

The soft tacos are homemade here. Try the classic beef burrito or Thai chicken wraps. 🍷 🍷 🍷

Pubs

BARBARA WINGS CAFÉ AND PUB

1 Tavenue Marketplace, Essex Jct., 878-8382

Sample the homemade chili at this pub, which features live music and a monthly open mic night. 🍷

CHURCH STREET TAVERN

103 Church St., Burlington, 858-1368

Here, college students and professionals stack on wings and sweet potato fries while enjoying the game. 🍷

THE FARMHOUSE TAP & GRILL

160 Bank St., Burlington, 858-0888

Look for local burgers, homemade charcuterie, comfort food and innovative specials at this gastropub.

MOORE'S PUB & GRILL

18 E. Allen St., Williston, 858-8848

The burgers and fries are favorites at this simple pub. Brunch is briser with strawberry-white-chocolate pinocakes on the menu. 🍷 🍷

MULE BAR

38 Main St., Williston, 399-3829

Wash down seasonal pub dishes — beef cheek tartine, ramp soup and pasta with pork ragout and ferret pollen among them — with an eclectic array of brews.

NECTAR'S

188 Main St., Burlington, 858-4771

The birthplace of Phish, this local landmark hosts local, regional and national music acts. The dining room serves up sliders and world-famous grey fish. 🍷

1616 IRISH PUB & WHISKEY ROOM

123 Church St., Burlington, 889-8401

This authentic Irish pub has a full menu and live music every weekend. An adjacent whiskey room serves up single-malt scotches and local craft brews. 🍷 🍷

IRISH JAMES

188 Main St., Burlington, 868-8244

Catch dance, hip hop and R&B DJs throughout the week, or sports on the TVs. Snag the award-winning wings or a burger. 🍷 🍷

SPARKED PUPPY PUB

118 Main St., Colchester, 878-8440

Fruit de mer sets a constant at this

local pub. Try the seafood bisque at lunch or seafood omelette during weekend brunch. No lunch Sunday.

Traditional

AL'S FRENCH FRIES

1251 Williston Rd., S. Burlington, 863-8363

Even the hand-cut fries here are a throwback to the '50s. The retro space also sells corn dogs, cheeseburgers and, in season, creamies. Cash or check only. 🍷 🍷

BAYVIEW EATS

97 Blakey Rd., suite 5, Colchester, 852-3444

The casual fare at this waterfront café includes chicken pot pie and meatloaf. Make plans to take advantage of the seasonal creamer window. 🍷

CHARLIE'S ROTISSERIE AND GRILL

1160 Williston Rd., S. Burlington, 862-1281

Get your crisp-skinned rotisserie chicken and baby back ribs with a made-to-order salad. 🍷 🍷 🍷

HALVORSON'S UPSTREET CAFÉ

16 Church St., Burlington, 858-0278

The burgers here are kind to the wallet and stomach. Enjoy them all fresco on Church Street or in the cool back patio. 🍷

ONE PEPPER GRILL

263 North St., Burlington, 858-8840

Choose from a range of burgers, beer-battered onion rings and ketchup sandwiches. 🍷 🍷

WINGS OVER BURLINGTON

150 Dorset St., S. Burlington, 863-8444

The wings came in 24 flavors from Wingy to Afterburner to the best-selling Honey Barbecue. 🍷 🍷 🍷

ORDER A PINT

Breweries

FOOIBLEHEAD BREWING CO.

8305 Shelburne Rd., Shelburne, 399-2394

Beer lovers line up on tap days a week for growlers of this brewery's seasonal selections. Take your drink next door for a delicious dinner at Pato's Pizzeria.

MAGIC HAT BREWING CO.
5 Barlett Bay Rd., S. Burlington,
888-2739

The roads of this brewery lead like a funhouse, and there are always whimsical trees on tap for sampling.

**OTTER CREEK BREWING/WOLAVEN'S
CERTIFIED ORGANIC ALES**
793 Exchange St., Middlebury,
888-8727

They're passionate about such as the microbrewery, and Wolaven's Colonial Stout is a local alternative to Guinness.

VERMONT PUB & BREWERY
144 College St., Burlington, 888-0800
Vermont's first brewery was founded by the late Greg Raczynski, a microbrewing legend. The patio is packed on sunny days, and the taps always pour interesting flavors.

**ZERO GRAVITY CRAFT BREWERY
AT AMERICAN FLATBREAD**
115 St. Paul St., Burlington, 888-3999
One of the perks of sipping wood-fired pizza here is sampling the house brews, which are beloved among local hipsters.

Cider

CITIZEN CIDER
60 Laurette Dr., Essex Jct., 448-3278
On Friday nights, this cidery invites the neighbors for music, ciders and camaraderie.

SOMETHING SWEET

BEN & JERRY'S
36 Church St., Burlington, 888-9600
Strong-armed employees serve up cones of Gumbly Huggy and Cherry Garcia at this iconic scoop shop. Don't miss Free Cone Day, held in early spring.

THE JUICE BAR
48 Church St., Burlington Town Center,
Burlington, 777-7199
Take your pick from an array of fresh veggie and fruit juices, or try a hot drink loaded with ground raw coffee.

LAKE CHAMPLAIN CHOCOLATES
65 Church St., Burlington, 884-1807
760 Pine St., Burlington, 884-8827
Order up an espresso or mug of luscious hot chocolate at the Church Street outpost, or head to the Pine Street factory for homemade ice cream and confections galore.

MY LITTLE CUPCAKE
217 College St., Burlington, 888-8330, 4 Cornichon St., suite 101,
Essex, 872-7878
Get a sweet tooth? Look for quirky flavors here, plus veggie, gluten-free and full-size choices. 🍩

QTEE'S
237 N. Windsor Ave., Burlington,
888-3868
There's no Q3 in the Old North End, but QTea's a pretty much the same thing. 🍵

SOYO FROZEN YOGURT
606 Pine St., Burlington, 840-8881
The small-batch frozen yogurt here is made from farm-fresh, local ingredients. 🍌🍌🍌



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Nightlife



DJ Fette B

Music, movies, dancing or drama — take your pick. There's a little bit of everything in this directory of Burlington's evening entertainment. For our favorite 18+ spots, see "The X Factor" on page 30.

Live Music/DJs

24/2 MAIN

242 Main St., Burlington, 863-3344

This all-ages, substance-free venue is the best place to go for an introduction to Burlington's hardcore punk underbelly.

CLUB METRONOME

100 Main St., Burlington, 868-4563

Club Metronome has long been one of BTY's most popular venues, with live music or DJs nearly every night. Occasionally 21+.

FLYNN CENTER FOR THE PERFORMING ARTS

153 Main St., Burlington, 863-8046

The 14,111-seat Flynn Memorial is the area's premier performing-arts venue for world-class dance, theater and music. The intimate black box FlynnSpace next door hosts experimental and local shows.

HALVORSON'S UPSTREET CAFE

16 Church St., Burlington, 868-0270

This classic American restaurant hosts jazz, funk and poetry readings. Thursday nights often feature Friends of Joe, a tribute to late Burlington sax great Big Joe Baril — he's the infamous bronze statue standing in front of the joint.

HIGHER GROUND

1214 Wellfleet Rd., S. Burlington, 862-6777

Higher Ground boasts a constant stream of big-name music touring acts on the polished ballroom stage. The adjacent Showcase Lounge features up-and-coming talent.

LEUNG'S BISTRO

115 Church St., Burlington, 863-3759

If you're looking to impress the object of your affection, the French bistro

BLAST FROM THE PAST

You guys grew up in the '90s, so you'll feel strangely at home at Club Metronome on Friday nights — "No Diggity" brings back the songs you played in the sandbox to. We swear you'll like them better on the sweaty dance floor. There was beyond their years may prefer channeling old-school '90s beats at Saturday's "Retrospective" with DJ Fette B.

promotes "the parasite of Paris."

There's live, melodic jazz two nights a week.

MEMORIAL AUDITORIUM

250 Main St., Burlington, 864-8044

The acoustics suck, but it's the venue of choice for stadium playing acts such as Skillet, Bassnectar and Ruseo.

NECTAR'S

185 Main St., Burlington, 868-4771

The House That Rhin Bar built has live music seven nights a week. 18+ on weekdays.

ON TAP BAR & GRILL

4 Park St., Essex Jct., 878-3309

Enjoy live jazz, blues, country or funk most nights of the week. Local favorites such as the Rhythm Rockers play until last call.

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Nightlife

← — CONTINUED

RADIO BEAN

8 N. Winslow Ave., Burlington, 650-9346

If venues such as Hexter's and Higher Ground are the hubbub of the local music scene, this cozy regular haunt is its beating heart. Though small in stature, the Bean is Burlington's musical melting pot.

RASPUTIN'S

163 Church St., Burlington, 654-6324
Gals play this popular college hangout three nights a week. Pool and TVs entertain anyone who doesn't feel like dancing. 21+ on the weekend.

RÍ RÁ IRISH PUB

123 Church St., Burlington, 650-9401
Designed using salvaged pieces of a 19th-century Irish pub, this restaurant regularly features live music on GJs. 21+ after 9 p.m.

SIGNAL KITCHEN

71 Main St., Burlington, 390-2337
This recording studio hosts Midwest Moopys, Full Moon Masquerades on a monthly basis, and heavy-lifting musical acts both imported and domestic in between.

THE SKINNY PANCAKE

60 Lake St., Burlington, 540-0188
Folk music and croquet — what's not to love? Get some of each most Thursday through Saturday nights.

SPEAKING VOLUMES

377 Pine St., Burlington, 540-0107
This eclectic secondhand shop doesn't host regular gigs, but its infrequent shows are worth waiting for. It also sells records — yes, vinyl!

21+, L.D. Required

AKES' PLACE

124 Church St., Burlington, 654-8111
This classic college-town watering hole — with pool, darts and sports — was your older brother's favorite bar when he was in school here. It might be yours, too.

BACKSTAGE PUB

80 Pearl St., Essex Jct., 878-5404
Local rock bands warm up the stage on weekends. Friday is karaoke night.

CK'S SPORTS BAR

12 Mallards Bay Ave., Winslow, 655-5542
This traditional tavern — frequented by St. Mike's students — boasts a long, wooden bar, a large, outdoor deck, nightly drink specials and flat screens as far as the eye can see, double.

GAS BIERHAUS

175 Church St., Burlington, 651-0800
Yes, the waitresses wear dirndls. But this Old World salery also serves an impressive array of German brews and boasts the city's only rooftop beer garden.

GRINK

135 St. Paul St., Burlington, 655-5463
With a wide variety of mixed cocktails, beer and house-mixed vodkas, Grink lives up to its name. Grab a board game and kick back on the swanky black leather couches.

ESOX

194 Main St., Burlington, 650-7314
Teensies, punka and hipsters coast peacefully around Burlington's most aweswardly placed pool table. Home of the PB Army.

THE FARMHOUSE TAP & GRILL

160 Bank St., Burlington, 650-6666
Come for the amazing burgers. Stay for the cozy basement speakeasy featuring an eclectic assortment of fine microbrews. In winter, secure a spot by the fireplace. In summer, back outside in the beer garden.

RINNIGAN'S PUB

205 College St., Burlington, 654-6309
It's just a bar. What the hell else do you want?

FRANKY O'S

733 Queen City Park Rd., S. Burlington, 650-2909
Pool tables, dart boards and TV screens abound at this lively locals' hangout. But it's far enough from campus that you'll need a QD or car. Zero handy. Live music and karaoke on weekends.

HALF LOUNGE

106 1/2 Church St., Burlington
The Half is a good place to catch the smart, finer turntablists unleashed in an intimate setting. Singer-songwriters play the cozy, upscale rock venue in the evening.

JP'S PUB

139 Main St., Burlington, 656-6360
If it's karaoke you seek, look no further. This classic dive serves up weekend rock stardom at least three nights a week.

LIFT

105 Church St., Burlington, 660-2080
"The Jersey Shore" comes to Burlington. Fridays are Latin Nights, Saturdays are DJ nights and Thursdays are sometimes 18+.

MANHATTAN PIZZA & PUB

167 Main St., Burlington, 656-6376
Just behind the drunken horde that gather on the corner at Church and Main at 2 a.m. on weekend nights sits this cozy and usually low-key college hang. It's noted for a solid local beer selection, good pub grub and local bands on the weekends.

MCREE'S PUB & GRILL

19 E. Allen St., Winslow, 655-6646
Grab a beer and sit outside to watch drivers royally misunderstand Winslow's traffic circle. The weekly drink specials are crucial.

THE MONKEY HOUSE

30 Main St., Winslow, 655-4543
The hippest joint in the Queen City features cozy couches, pool tables and the most consistently excellent lineup of local, regional and national indie music this side — or that side, really — of the Winslow River.



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Nightlife



Josh Perde & Friends

BIMBIE THE SKINNY

Only at the Skinny Pancake does your gourmet, locavore trips come with a side of gypsy jazz, indie folk or reggae. This waterfront hot spot serves up mouthwatering fare seven days a week, and talented tunesmiths every Thursday, Friday and Saturday evening. Have your cake and eat it, too.

← CONTINUED

MULE BAR

38 Main St., Winoona, 566-2626

Thoughtfully sourced wines and interesting bar bites are the backbone of this now-hipster-chic watering hole.

O'BRIEN'S IRISH PUB

346 Main St., Winoona, 336-4676

The public is welcome at this homely nook, nightspot, formerly a private club known as the Raccoon Lodge where you can order a beer and feed the woodstove at the same time. Yes, really.

OLIVE NORTHEASTER PUB

23 North St., Burlington, 664-5886

Owner Bob Bascow describes this true neighborhood watering hole as "the best damn make-you-feel-at-home bar."

THE OTHER PLACE

4 N. Wisconsin Ave., 663-5803

The O.P. is the crown cabé circumplex of Burlington drink. The music is random and usually loud. Don't complain. Just enjoy it.

RED SQUARE

138 Church St., Burlington, 859-6609

Bands play almost nightly inside this hip club and the adjacent alley. DJs reign after midnight most nights. Check out the Red Square Blue Room for bumping EDM on the weekends.

RUSEN JAMES

169 Main St., Burlington, 664-6344

Sports bar by day, swanky dance club by night. Try the food — e.g., 40-cent wings every day of the week. You'll be surprised. In a good way.

THREE MEES

163 Pearl St., Burlington

Stop in for some serious good (there's two tables) at this bar and brewery — or play arcade games to an eclectic mix of the bartender's inventive tunes.

VENUE

5 Market St. St., S. Burlington,

338-1057

The newest juke joint in town serves up a mix of local, regional and, on occasion, nationally touring acts.

VIN BAR & SHOP

126 College St., Burlington,

497-2615

This elegant wine bar serves 25+ eclectic wines by the glass, plus

small plates of cured meats and cheeses.

WHAT ARE YOU

152 St. Paul St., Burlington,
862-1364

It's always crowded and dark — and certainly not the spot for grammar sticklers. But you'll undoubtedly come anyway for the cheap beer and cheaper backpacks. You've been warned.

THE WHISKEY ROOM AT RI RA

176 College St., Burlington,
860-9401

It's a room. With whiskey. Actually, it's a really nice room, with really nice whiskey — 150 regular and rare blends. Careful, now.

Movie Theaters

ESSER CINEMAS

21 Essex Way, #300, Essex Jct.,
479-0543

Stadium seating, a bar, an arcade and a nearby outlet mall distinguish this mainstream movie house.

MAJESTIC 10

190 Railroad St., Williston,
878-0090

Cozy chairs and stadium seating make this multiplex majestic. Plus, there's an escalator! You don't see them too often in these parts.

MERRILL'S ROXY CINEMAS

222 College St., Burlington, 664-1114
Burlington's downtown movie theater shows indie flicks and mainstream fare in a pedestrian-friendly location.

PALACE 9

10 Fayette Rd., S. Burlington,
664-0010

One of the most affordable movie theaters around, the Palace offers up blockbusters and some indies, too.

SUNSET DRIVE-IN THEATRE

125 Pattern Point Rd., Colchester,
862-1800

This Burlington area's only drive-in theater usually opens in April and closes in October, which should give you enough time to take in at least one double feature. *ewg*



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Arts & Culture



Photo by David

You can't walk a block in Burlington without bumping into original art — nearly every store and cafe has some on display. Here's a list of gallery destinations, along with a few of our favorite cultural attractions. They're worth a visit, especially if your parents are in town. Find current shows and receptions each week in *Seven Days*, or at sevendaysvt.com.

Art Galleries

AMY E. TARRANT GALLERY, FLYNN CENTER FOR THE PERFORMING ARTS

103 Main St., Burlington, 862-4900

Peek in the plate-glass window on Main Street to see if you're interested in the latest show displayed just off the Flynn's main lobby.

BCA CENTER

135 Church St., Burlington, 686-7166

This retro brick building used to be a fire station. Now it presents contemporary art exhibits, classes and the occasional indie music show.

THE BLACK GALLERY & COFFEEHOUSE

1 E. Allen St., Winooski, 373-5150

Sip a Mexican Mocha from the cafe while scooping out the work of Vermont artists and artisans.

ANIMAL FARM

In its heyday, the rolling 1400 acres of *Newberry Farm* were owned by William Seabrook and Lila Vanderbilt Webb. (Yes, that Vanderbilt family.) Today, you can stretch your legs on trails sharing the lake, milk a Brown Swiss dairy cow or sample the award-winning cheddar. There's an elegant b&b and restaurant, too — go for a goodworthy weekend brunch from mid-May to mid-October.

BARROOM GALLERY

12 Main St., Essex Jct., 373-3680

Shutterbugs flock to this art space devoted to photographers. See their steps, then learn to improve your own in classes and seminars.

DAVIS STUDIO GALLERY, SEABA CENTER

404 Pine St., Burlington, 858-8222

Take a Saturday Sampler Workshop in mosaics or painting, or check out the regular shows hosted by the South End Arts and Business Association. Its sister location — the Davis Studio at 4 Howard Street — hosts even more classes.

FLYNNBOGG GALLERY

308 Flynn Ave., Burlington, 686-2227

This funky community art space has nothing to do with the Flynn Center. Feast your eyes, fill your stomach, Charlie Corner Cafe & Bakery — South End is located here, too.

FROG HOLLOW VERMONT STATE CRAFT CENTER

85 Church St., Burlington, 863-6458

This Church Street boutique exhibits and sells high-end, locally made arts and crafts. Go here anytime you need to buy a gift for your mom.

MARK BEECHES FINE ART GALLERY

198 Battery St., Burlington, 735-7317

Mark and Rebecca Beeches show his richly layered landscape and still-life paintings, as well as high-quality representational work by several other local artists.

METROPOLITAN GALLERY, BURLINGTON CITY HALL

140 Church St., Burlington, 863-7166

There's a gallery at City Hall because even the government in Burlington likes art.

LAKE AQUARIUM AND SCIENCE CENTER

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L.A. Theatre Works: "The Graduate"

"The Addams Family"

Claque Eloize: "Cirkopolis"

Anoushka Shankar

Kyle Abraham / Abraham in Motion

Claque Allense: "Timber!"

"A Christmas Carol"

"Memphis"

Reggie

Watts

Diana

Krall

Dr. John

Stop

Africa!

Dani

Mesell Ridgeoscolio

Green Day's "American Idiot"

Kronos Quartet

Mark Morris Dance Group

Falcomata Diawara

Dr. Johnette, Lovano, Spalding/Genovese
Quartet

Golden Dragon Acrobats: "Cirque Ziva"

Patti LaPore: "Coulda, Woulda, Shoulda"

Lucky Plush: "Cinderbox 2.0"

Rhonda Vincent & the Rage

Arturo O'Farrill

& The Afro Latin Jazz Orchestra

"Man of La Mancha"

Pilobolus

TICKETS ON SALE

UVM, SMC, Champlain
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FLYNNCENTER

www.flynncenter.org

151 Main Street, Burlington, VT 05401-68 FLYNN-jazz@flynn



Arts & Culture

CONTINUED

MONTSTREAM STUDIO

129 St. Paul St., Burlington,
862-6752

Landscape painter Katherine Montstream showcases her pastoral scenes in the gallery across from Burlington City Hall Park.

JOE GALLERY

47 Maple St., Burlington, 864-5854

Jager DiPaola Kemp Design curates this space, which is now a part of Magnum's cafe. They don't have regular exhibits, but if this offbeat design firm is showcasing something, it's worth seeing.

THE S.P.A.C.E. GALLERY AND STUDIO COLLECTIVE

200 Pine St., Burlington, 978-2512

Tucked right behind Conant Mobil & Light in the Code Plant building, this shop is home to working artists' studios and one large exhibition area. Check out the Backspace Gallery while you're here.

URBAN STATION

1 Main St., Burlington, 864-1557

The coolest thing about this former train station are the gregories on the roof — those winged monkeys inspired the cover of this book. This spot is home to the Art's Alive gallery, too.

VCAM STUDIO

208 Flynn Ave., Burlington, 861-0662

SCADA curates all sorts of eclectic art at this public-access collaborative studio adjacent to the Plymoud. It also hosts live workshops on video production and digital cinematography.

VINTAGE INSPIRED LIFESTYLE MARKETPLACE

100 Flynn Ave., #2, Burlington,
488-5766

This multi-dealer shop sells antiques and exhibits contemporary art. Much of it is, as the name implies, vintage inspired.



LAND'S END

EOHO Lake Aquarium and Science Center has stellar lake views accompanied by state-of-the-art aquarium tanks. This waterfront museum's freshwater fish, invertebrates, sea urchin, crab, and fish natives to Lake Champlain, QH, and elsewhere. Catch its "Bigger Than Tikes" exhibit through early September.

WINDOSKI CIRCLE ARTS

41 Main St., Winooski, 389-2670

This eclectic shop and contemporary art gallery lives on the first floor of Spinner Place. It has recently been the sponsor of a red summer pop-up gallery district.

Museums & Cultural Attractions

EOHO LAKE AQUARIUM AND SCIENCE CENTER/LEAHY CENTER FOR LAKE CHAMPLAIN

1 College St., Burlington, 864-1348

You won't find any tropical fish at this waterfront science center — it showcases plants and animals that live in Lake Champlain. There are some monstrous 40-pound lake sturgeon, though.

FLEMING MUSEUM, UNIVERSITY OF VERMONT

61 Colchester Ave., Burlington,
869-0760

This university museum has a dazzling marble foyer and boasts 25,000 art objects in its extensive permanent collections. It hosts special exhibitions, too, and is free with your student ID. Score.

SHELBOURNE FARMS

1611 Harbor Rd., Shelburne,
865-6666

Wander the barns, dairy, bakery and cheesemaking operations, or put the sheep at this 1,400-acre working farm and nonprofit environmental-education center.

SHELBOURNE MUSEUM

6000 Shelburne Rd., Shelburne,
865-3346

Vermont's famous folk-art museum has the coolest exhibition buildings around, including a fully restored, 220-foot passenger steamboat that once plied the waters of Lake Champlain. The Poxsgall Center for Art and Education is brand new, it opened in mid-August. 

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Shopping & Services

Don't wait until Thanksgiving break to go home and get a haircut — you'll freak out your parents. This list of largely local and affordable salons, shops and service providers will help you find what you need right here.

Download **BurlApp** (burlappvt.com) for your mobile device. It's *Seven Days*® free, homegrown guide to downtown shopping and services, to get these and more listings at your fingertips.

Art Stores

ARTISTS' MEDIUMS

300 Constance Dr., Wilton,
879-1286

BOUTILIERS ART CENTRE

194 College St., Burlington,
864-5475

CREATIVE HABITAT

555 Shelburne Rd., Shelburne,
862-0545

Auto Services

THE AUTOMASTER

3028 Shelburne Rd., Shelburne,
985-8411

BURLINGTON GARAGE

2 Harbor View Rd., S. Burlington,
660-0056

GOOD NEWS GARAGE

303 N. Winooski Ave., Burlington,
864-0667

MCCAFFREY'S SUMOCO

98 North Ave., Burlington 862-9072

NEW ENGLAND AUTOMOTIVE REPAIR

2071 Wilton Rd., S. Burlington,
863-8832

OIL H QO

1223 Shelburne Rd., Ste. 204, S.
Burlington 963-0290

Banks

(DOWNTOWN BRANCHES)

CITIZENS BANK

148 College St., Burlington,
668-9681



City Market hot bar

TO MARKET, TO MARKET

Empty fridge? Fears, you could hit up dh. In grocery stores on Shelburne Road. But to really shop like a Vermonter, head to **City Market/Union River Co-op** or **Healthy Living Market and Cafe**. Filled with fresh, locally sourced meats, cheeses and produce, each incorporates store is like 50 farmers markets rolled into one. Just make sure to BYOB — bring your own bag — or face the wrath of the checkout person.

KEYBANK

149 Bank St., Burlington, 660-4170

MERCHANTS BANK

164 College St. Burlington,
865-1888

NBT BANK

160 Bank St., Burlington, 316-9480

NEW ENGLAND FEDERAL CREDIT UNION

1000 Shelburne Rd., S. Burlington,
800-400-8790

NORTHFIELD SAVINGS BANK

160 College St. Burlington,
862-6222

OPPORTUNITIES CREDIT UNION

92 North Ave., Burlington 660-4761

PEOPLE'S UNITED BANK

2 Burlington Square, Burlington,
981-8926

TD BANK

111 Main St. - Burlington, 668-1010

VERMONT FEDERAL CREDIT UNION

84 Pine St., Burlington, 668-0225

Bookstores

BARNES & NOBLE

102 Dorset St. S. Burlington,
864-8001

CATAMOUNT STORE

46 Church St., Burlington 660-0868

CROW BOOKSHOP

14 Church St., Burlington 862-0848

EARTH PRIME COMICS

154 Church St., Burlington,
863-3666

PEACE & JUSTICE STORE

60 Lake St., Burlington 863-2345

PHOENIX BOOKS

- 191 Bank St., Burlington, 448-3550
- 21 Essex Way, #407, Colic, 873-7111

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863-3666

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14 South Main Street, Stowe 802.253.8843

518 Pearl Street, Enosburg 802.933.2803

811 Williston Road, S. Burlington 802.652.9065

Route 104 (I-89, Exit 19), St. Albans 802.524.2662

3 Spiegel Drive, Champlain, NY 518.298.5222

260 Mechanic Street, Lebanon, NH 603.448.3595

2949 Route 22A, Shoreham, VT 802.897.8085

Route 15 & 100, Montville, VT 802.888.0882

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See us for details.

Shopping & Services



2012 Daysies winners: Wika Hamilton and Colleen Flanagan of Three Penny Taproom; Scott Kerner and Joey Nagy of The Mad Teo

CONTINUED

SPIRIT DANCER BOOKS & GIFTS

126 S. Woodstock Ave., Burlington,
650-8060

Clothing & Accessories

AMERICAN APPAREL

140 Cherry St., Burlington,
853-7817

ANISTELLE

61 Church St., Burlington, 497-3913

BANANA REPUBLIC

55 Church St., Burlington, 853-1230

BELLA BOUTIQUE

55 Church St., Burlington, 855-1754

DAIFORM SHOES

- 2 Church St., Burlington, 854-7855
- 104 Hansburg Drive (Rt. 127), Colchester, 853-2663
- 3310 Shelburne Rd., Shelburne, 565-3483

DEAR LUCY

38 Church St., Burlington, 862-6126

ECCO

81 Church St., Burlington, 860-2320

88 **wg**

What the locals like:

Seven Days invites readers to vote for their favorite shops and services every year in the Daysies Readers' Picks competition. The winners display their Daysies in their windows or on their walls. Look for these seals of approval all over town, and find a list of recent winners at sevendaysvt.com/daysies.

EDDIE BAUER

11 Church St., Burlington, 658-9920

EXPRESSIONS

102 Church St., Burlington,
854-0414

THE HEMPEST

137 St. Paul St., Burlington, 658-0800

HYDRANDEA TOO

129 College St., Burlington,
852-0707

JESS BOUTIQUE

58 Church St., Burlington, 650-9304

LENNY'S SHOE & APPAREL

2121 Essex Rd., Williston (Toll
Covers), 879-6640

LIEDLING

128 College St., Burlington,
853-1110

MAYN

151 Cherry St., Burlington,
859-1510

MC.

104 Church St., Burlington,
489-6326

MONELLE

75 Church St., Burlington, 657-4374

OLD GOLD

180 Main St., Burlington, 854-7795

SALAAM & THE MEN'S STORE

90 Church St., Burlington, 658-8822

THE SHOE DEPT.

155 Dorset St., S. Burlington,
862-5636

STATUS KICKS

28 Church St., Burlington, 651-9353

STELLA MAE

96 Church St., Burlington, 854-2800

PHOTO BY MICHAEL STOKES

SWEET LADY JANE

40 Church St., Burlington 862-6061

TICK TOCK JEWELERS

185 Bank St., Burlington 862-3042

TRADEWINDS IMPORTS

110 Church St. Burlington,
860-2829

TRINKET

32 1/2 Church St., Burlington,
861-8035

URBAN OUTFITTERS

25 Church St., Burlington 861-0133

WHIM BOUTIQUE

62 Church St., Burlington, 838-6496

ZINNA

57 Church St., Burlington 864-1700

Computer Repair & Sales

COMPUTERS FOR CHANGE

106 College St., Burlington,
578-9687

PINE COMPUTERS

3036 Whistler Rd., S. Burlington,
862-5000

RENT-A-GECK

5 Landon Ln., Burlington 864-9245

SMALL DOG ELECTRONICS

100 Conset St., S. Burlington
862-1216

Employment & Internships

**CHAMPLAIN VALLEY OFFICE OF
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255 S. Champlain St. Burlington,
660-3454

SPHERION

1233 Southwinds Rd., suite 300, S.
Burlington, 864-6000

**VERMONT BUSINESSES FOR
SOCIAL RESPONSIBILITY**

255 S. Champlain St. suite 11,
Burlington 862-8347

VERMONT TECHNOLOGY COUNCIL

89 Beaumont Ave., Essex,
Burlington, 526-8280

Greenhouses/ Nurseries

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36 Park St., Essex, 878-8996

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68 Bingham Hill Rd., Essex,
879-1515

GARDENER'S SUPPLY COMPANY

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660-2605
- 472 Marshall Ave., Williston,
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180 Intervale Rd., Burlington
660-0440



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1586 Williston Rd., S. Burlington,
863-6143

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82 S. Williston Ave., Burlington,
864-3700

HANNAFORD (WITH PHARMACY)

- 217 Dorset St., S. Burlington,
863-6311
- 214 Essex Way Essex Jct.,
893-0274
- 218 Hanford Dr., S. Burlington,
864-1564
- 78 Marshall Ave., Williston,
874-0332
- 1127 North Ave., Burlington,
862-8040

HEALTHY LIVING MARKET & CAFE

222 Dorset St., S. Burlington,
863-2569

HAC'S MARKET

304 Pearl St., Essex Jct., 872-6770

NATURAL PROVISIONS

329 Harvard Ln., #100, Williston,
874-1400

PRICE CHOPPER

- 90 Center Rd., Essex, 876-5163
- 41 Hinesburg Rd., S. Burlington,
864-5176 (24-hour store and
pharmacy)
- 1184 Palm Rd., Colchester,
661-9409
- 696 Shelburne Rd., S. Burlington,
863-8826 (24-hour store and
pharmacy)

SAM MAZZA'S FARM MARKET

277 Longue Rd., Colchester, 625-3440

SHAW'S

- 71 Beewood St., Williston, 878-
9770 (with Oaco pharmacy)
- 570 Shelburne Rd., S. Burlington,
860-2295
- 66 Mountain View Dr., Colchester,
654-7833 (with Oaco pharmacy)

SHELBURNE ORCHARDS

218 Oxford Rd., Shelburne,
866-2763

SWEET CLOVER MARKET

21 Essex Way Essex Junction,
872-8268

Hair Salons

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113 College St., Burlington,
626-3584

BIG LEAGUE HAIR CUTTERS

150 Dorset St., S. Burlington,
863-6511

CHOP SHOP HAIR DESIGN

86 Main St., #120, Burlington,
860-4343

DI MODA SALON

90 Main St., #120, Burlington,
657-4000

DIVERSITY HAIR SALON

94 Pearl St., Burlington, 865-1112

GENTLEMAN'S TOP OPTION

86 Lake St., Burlington, 863-2609

HAIR BY DESIGN

410 Shelburne Rd., Burlington,
861-6206

INNOVO

189 Battery St., Burlington,
626-2070

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121 St. Paul St., Burlington,
862-6762 (color only)

JOLI HAIR STUDIO

Burlington Town Center, 49 Church
St., Burlington, 864-7016

LIQUID

158 Battery St., Burlington,
640-3677

MAIN STREET BARBERS

72 Main St., Burlington, 863-6000

MADE ATTRACTION

150 St. Paul St., Burlington,
862-6670

THE MOM'S ROOM

106 Main St., Burlington, 864-2688

METRO HAIR

180 Pearl St., Burlington, 864-0065

O'BRIEN'S SALONS

- 247 Main St., Burlington,
660-6265
- University Mall, 166 Dorset St., S.
Burlington, 863-2273
- Essex Junction Shopping Plaza,
Essex Jct., 879-8954

PAULA'S CREATIVE HAIR DESIGN

12 Pearl St., Burlington, 658-6076

RAPUNZEL FULL SERVICE SALON

13 Center St., Burlington, 668-7883

SHEAR ENVY

160 College St., Burlington, 866-3689

STEPHEN & BURNS

116 Church St., Burlington,
865-4766

TONIC

121 Main St., #61, Burlington,
865-8817

URBAN SALON TEAM

120 Main St., Burlington, 862-1670

Head Shops

THE BERN GALLERY

126 Main St., Burlington, 865-0964

FULL TANK

150A Church St., Burlington,
863-8265

NORTHERN LIGHTS

75 Main St., Burlington, 864-6555

Health Services

AFFILIATES IN OASYS

96 Colchester Ave., Burlington,
668-0505

COMMUNITY HEALTH CENTER OF BURLINGTON

617 Riverside Ave., Burlington,
864-6305

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847-4170

FLETCHER ALLEN HEALTH CARE

111 Colchester Ave., Burlington,
847-0000

HOPE WORKS

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HOWARD CENTER

298 Flynn Ave., #3J, Burlington,
488-0000
Mental health services

THE OPTICAL CENTER

107 Church St., Burlington, 656-4883
Eye exams

PLANNED PARENTHOOD

183 St. Paul St., Burlington,
853-6336

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255 S. Champlain St., Burlington,
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VERMONT CARES

147 St. Paul St., Burlington,
863-2437
Free HIV testing

VERMONT GYNCOLOGY

1775 Williston Rd., #110, S.
Burlington, 735-1252

Home Furnishings

ARJOU & THE LITTLE FEAR

63 Main St., Burlington, 640-0008

BARGE CANAL MARKET

377 Pine St., Burlington, 540-0107

BURLINGTON FURNITURE COMPANY

288 Pine St., Burlington, 862-5056

GREEN LIFE

67 Main St., Burlington, 861-0633

HOMEPORT

52 Church St., Burlington, 863-4644

KISS THE COOK

72 Church St., Burlington, 863-4225

ReSTORE

250 Pine St., Burlington, 658-4143

SAM'S WOOD FURNITURE

372 N. Winooski Ave., Burlington,
862-6013

VERMONT FARM TABLE

206 College St., Burlington,
686-425-6838

VINTAGE INSPIRED LIFESTYLE MARKETPLACE

160 Flynn Ave., Burlington,
488-5755

Laundromats

GREER'S DRY CLEANING & LAUNDRY

- 27 Seam Ln., Burlington,
862-3707
- 15 Dorset St., S., Burlington,
864-7340
- Telt Conners Plaza, Williston,
879-2066
- 475 Main St., Winooski,
655-9506
- 1127 North Ave., Burlington

KING STREET LAUNDRY

72 King St., Burlington, 651-0838

LAUNDROMAT 99 & DRY CLEANERS

50 Malletts Bay Ave., Winooski,
655-9450

NORTH WINDSORI AVE. LAUNDROMAT

351 N. Winooski Ave., Burlington,
864-1155

PEARL STREET LAUNDROMAT

75 Pearl St., Burlington, 862-7374

THE WASH SPOT LAUNDROMAT

207 Riverside Ave., Burlington,
863-6100

Music Stores (FOR MUSICIANS)

ADVANCE MUSIC CENTER

75 Maple St., Burlington, 863-8662

CONTOS MUSIC

217 Pearl St., Essex Jct., 878-8003

RANDOLPH MUSIC

215 College St., 2nd floor,
Burlington, 865-3890

VERMONT VIOLINS & THE BURLINGTON VIOLIN SHOP

23 Church St., Burlington, 863-0349

Pharmacies

HAMMIFORD

See Grocery Stores/Markets p. 90

KIMNEY DRUGS

- 82 Pearl St., Essex Jct., 878-5351
- 208 Shelburne Rd., Burlington,
865-8154
- 1653 Williston Rd., S. Burlington,
862-0714

LAKEVIEW PHARMACY

242 Pearl St., Burlington, 862-1491

PRICE CHOPPER

See Grocery Stores/Markets p. 90

RITE AID

- 158 Cherry St., Burlington,
862-1962
- 20 Shelburne Shopping Park,
Shelburne, 865-2610
- 1184 Pine Rd., #2, Colchester,
869-2048
- 29 Hinesburg Rd., S. Burlington,
862-5722
- 321 Main St., Winooski,
655-2444
- 1024 North Ave., Burlington,
865-7822
- 9 Swan Wilson Rd., Essex Jct.,
872-1800
- 75 Pearl St., Essex Jct., 878-5355

SHAW'S

See Grocery Stores/Markets, p. 90

Record Stores

BURLINGTON RECORDS

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PURE POP

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SPEAKING VOLUMES

See Bookstores, p. 86

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Burlington 668-6369

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Mistress Maeve

A Q&A with *Seven Days'* expert in *sex and self*



ILLUSTRATION BY KIMBERLY DAVIS

Q: I'm into BDSM. My boyfriend enjoys spanking in the bedroom, but I'm nervous about telling him how kinky I can get. Should I break out the handcuffs and see how it goes?

— Strapped in Summit Hall

A: BDSM doesn't always make for a great "SURPRISE!" moment. Before you haul out the handcuffs, have a conversation. Tell him how much you enjoy his spanking and ask him if he's ever fantasized about bondage. If he's into it, be sure to do your homework on BDSM safety before experimenting — proper protocol and safe words should be used to ensure your well-being. I suggest picking up a copy of *The Ultimate Guide to Kink: BDSM, Role Play and the Erotic Edge* by Tristan Taormino. Safety first!

Q: I recently caught my girlfriend texting another guy in a not-so-innocent manner. She says it meant nothing; she swears she would never do anything physical with him. Is sexting still cheating?

— 21st-Century Troubles in Tupper Hall

A: She may not be cheating physically, but she's straying emotionally. It doesn't matter if she's having sex with him or not — you're feeling the hurt and rejection of her betrayal. It's time to have a talk with her.

Explain that while you understand she has no intention of physically cheating, sexting causes similar trust issues. Let her know that naughty texting crosses the line, and you won't tolerate it. If she still doesn't think electronic romances are damaging, tell her to Google "Anthony Weiner." Then go out and find yourself a new, more emotionally mature, girlfriend.

Q: My long-distance girlfriend and I just broke up. Out of sheer loneliness, I've been hooking up with a girl in my dorm — but I'm not interested in a relationship with her, and she's becoming more and more clingy. How can I let her down softly?

— Flying Solo in Founders Hall

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Mistress Maeve

Q The answer to loneliness isn't hooking up — especially when you're toying with someone's heart. Instead of looking for comfort in sex, try leaning on friends or family; it's a lot less complicated. In the meantime, be straightforward with this girl and don't leave any room for misinterpretation. Let her know that you enjoy your time together, but you're not looking for anything serious. If you engage in casual hookups in the future, be honest about your intentions from the beginning.

Q I've been "friend zoned." I really like this girl, but I'm scared that being too forward could ruin our friendship. How can I show her that I like her without creeping her out?

— Warnabe With Her in Whiting Hall

A You're in a catch-22. If you bare your soul and declare your love, you may lose her friendship. On the other hand, if you sit idly by and say nothing, you'll be miserable — and let's not even talk about how you'll feel when she starts dating someone else. The only answer is to be honest with her.

Being forward doesn't have to be creepy. Take her to one of your usual hangouts and play it cool. Let her know that you feel a deeper connection with her and ask if she'd consider going on a date with you. If she balks, keep your chin up; at least you'll know how she feels and you can move on.

Q The guy I'm seeing confessed that he had an STI in the past. How do I know if it's safe to have sex with him?

— Keepin' it Clean in the Cottages

A First of all, points to him for being upfront about his sexual health — many people aren't as forthcoming. Before you have sex with anyone new, it's a good idea for both partners to see a doctor and get tested for STIs. If this guy is worthy — and it sounds like he is — he'll have no problem waiting a little longer for the results to come in. That way, both of you can have sex with confidence.

And remember, just because you're both clean doesn't mean you shouldn't continue to practice safer sex. Use condoms, at least until both of you pledge to be monogamous. **mf**

Get a question for Mistress Maeve?

Email her at mistress@sevenandaywt.com.

Mistress Maeve responds to readers each Wednesday in Seven Days.

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